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**GoLytely Instructions**

**IMPORTANT:**

* STOP Phenteramine and other weight reduction medications (including injections such as Wegovy, Ozempic, and Mounjaro) 1 week before your procedure.
* STOP iron tablets 1 week before your procedure.
* You must notify the office of all prescriptions you are taking. Patients with diabetes or heart disease may need specific instructions.
* It is critical that you notify our office as soon as possible if you take any blood thinners such as **Aspirin, Plavix, Coumadin (Warfarin), Effient, Pradaxa, Eliquis, or Brilinta.**

**Failure to follow these directions may result in your procedure being rescheduled.**

**REMEMBER:**

* DO NOT EAT: Raw fruits, nuts, vegetables, or fiber supplements 3 days before your procedure.
* DO NOT: Chew gum or have hard candy the day of your procedure.
* DO NOT smoke (vaping, tobacco, marijuana, or illicit drugs) on the day of your procedure.

**DAY BEFORE THE COLONOSCOPY:**

* You are to have only **CLEAR LIQUIDS** avoiding **RED OR PURPLE LIQUIDS**. Clear liquids include juices without pulp, water, broth, black coffee, black tea, and Gatorade.
* You may have Jell-O, soda (7-Up, Sprite, Starry, Ginger Ale), and popsicles so long as they are not colored red or purple.
* DO NOT consume solid foods, milk, or milk products.

**GoLytely INSTRUCTIONS**

1. This product can be used with our without one of the flavor packs that comes with the bottle.
   1. If adding flavor, tear open flavor pack and pour contents into the bottle BEFORE reconstitution. Discard unused flavor packs.
2. Add lukewarm drinking water to the top line on the bottle. Cap the bottle and shake to dissolve the powder. The mixed solution will be clear and colorless. Do not add anything else, such as additional flavorings, to the solution.
   1. When reconstituted, keep solution refrigerated.
   2. The reconstituted solution should be used within 48 hours. Discard unused portion.
3. The first bowel movement usually occurs approximately 1 hour after you start drinking the prep.
4. Starting at 6:00 PM drink 1 (8 oz) glass every 10 minutes. Rapid drinking of each portion is better than drinking small amounts continuously.

**DAY OF THE PROCEDURE:**

* **You may not eat or drink anything**.
* If you are on blood pressure medications, seizure, anxiety, or chronic pain medications, take as directed with a small sip of water.
* Do **NOT** take diabetes pills.
* If you are on insulin, decrease your dose by 1/2 .
* If you experience vomiting, please contact the office or the on-call physician.
* If you use inhalers, bring them with you to the EndoCentre.

**\*\*Reminder\*\*** You MUST have someone drive you home given you will receive intravenous medication that makes you drowsy.

**Please call us immediately if you have any questions or concerns.**

EndoCentre of Baltimore EndoCentre at Quarterfield Station EndoCentre of Westminster

1838 Greene Tree Road 7704 Quarterfield Road 535 Old Westminster Pike

Suite 180 Suite A Suite 104

Pikesville, MD 21208 Glen Burnie, MD 21061 Westminster, MD 21157

Phone: 410-602-7782 Phone: 410-863-4899 Phone: 410-876-8332