

Preparation Instructions for a Colonoscopy Using GoLytely

- The day before the procedure, you may have only clear liquids (See enclosed Clear Liquid Diet Instructions).
- Mix the laxative prep and place in the refrigerator for a few hours to chill before drinking. You may use Gatorade or Pedialyte to mix the prep.
- First dose of the prep is at 6:00 PM. Begin drinking the laxative prep (GoLytely). Drink one 8-ounce glass every 15 minutes until half the bottle is consumed. Continue clear liquid diet.
- Take the second dose of the prep at 10:00 PM. Drink one 8-ounce glass every 15 minutes until bottle is finished. Continue clear liquid diet until midnight. Then nothing by mouth until after your procedure.
- If you experience vomiting, stop drinking the prep for 20-30 minutes then restart and finish the remainder of the prep. If you are unable to finish the remainder of the bowel prep due to vomiting please call to office.
- On the day of the procedure, do not take anything by mouth. Please take any blood pressure, thyroid or seizure medications with just enough water to swallow them.

**Stop all supplements including fish oil, iron, multi-vitamins, etc. 4 days before the procedure.

Do not take diabetic medication the morning of your procedure**

Appointment Information

Please arrive 30 minutes early

Date: _____

Time: _____

If you cannot keep your appointment, please call to cancel this one and you may arrange another appointment at that time. Questions? (210) 405-3410

Procedure Locations:

- Theda Oaks Surgery Center #103: 19226 Stone Hue, San Antonio TX 78258 (210-268-0100)
- Stone Oak Methodist Hospital (admitting): 1139 E. Sonterra Blvd, San Antonio TX 78258 (210-638-2000)
- North Central Baptist Hospital (admitting): 520 Madison Oak, San Antonio TX 78258 (210-297-4000)

Preparation Instructions for a Colonoscopy Using GoLyteLy

- North East Baptist Hospital (admitting): 8811 Village Dr., San Antonio, Tx 78217
(210)297-2000