



## **Capsule GoLyteLy Preparation Instructions**

### **One week prior:**

- Stop taking iron supplements 1 week before.
- Pick up GoLyteLy from your pharmacy. Prescription has been sent.

### **Two day prior:**

- Mix the GoLyteLy solution in the jug given with your prescription and refrigerate it. If a flavor packet is provided, it may be used if desired. You may use Crystal Light as another flavoring option.

### **One day prior:**

- You can have a normal meal around 12 noon.
- Do not eat solid foods after lunch or 12 noon.
- You can stay on a clear liquid diet (soup, broth, clear juices – white grape or apple, lemon or lime Jello, Gatorade or Powerade, 7-up, Gingerale) until midnight. No milk or coffee.
- At about 7pm, drink 8 oz of the GoLyteLy mixture every 10-30minutes. Drink only 7 cups (56 oz).
- Save the rest in the refrigerator.
- Nothing to eat or drink after midnight, with the exception of the last 8oz. of the mixture.
- Abstain from smoking 12hrs before procedure.
- Shave abdominal area if hair is present.

### **Day of procedure:**

- Drink the last 8oz of the mixture at about 6am. You may discard the rest of the solution.
  - Do not worry if you have not had diarrhea or lots of bowel movements.
- Do not take any medications after drinking your last glassful of mixture.
- Do not eat or drink anything by mouth after drinking your last glassful of mixture.
- Wear comfortable and loose clothes. Avoid one-piece clothing (no dresses or jumpsuits).
- Do not apply any lotion or perfume.
- Be at our office at 8am.
- Bring your ID and insurance card.

Please call our office at 734-434-6262 and ask to speak with the nursing department if you have any questions.