

UNIVERSITY OF MARYLAND MEDICAL CENTER
DIVISION OF GASTROENTEROLOGY
22 SOUTH GREENE STREET, BALTIMORE, MD 21201
GI ENDOSCOPY LAB, NORTH HOSPITAL, 3RD FLOOR, ROOM N3W159
OR GI ENDOSCOPY LAB, NORTH HOSPITAL, 7TH FLOOR

GoLytely Split Dose Colonoscopy Preparation Instructions

A colonoscopy allows examination of the lining of the entire lower bowel for abnormalities using a lighted flexible tube called a colonoscope. Your colonoscopy is scheduled for _____ at _____. Please report to the GI Endoscopy Lab on the 3rd or 7th floor of the University of Maryland Medical Center. Please bring all insurance cards, referrals and co-pays, if applicable. **Please arrive an hour early before your scheduled procedure.**

Instructions for Colonoscopy Preparation:

Your colon must be completely empty for the colonoscopy to be accurate and complete. This sheet provides instructions for your colonoscopy preparation. If after reading these instructions you have any questions or concerns regarding your scheduled procedure and/or instructions, please call the gastroenterology division at (410) 328-8730.

Prior to the Exam:

1. Purchase the GoLytely, NuLytely or Colyte Prep at any pharmacy. A prescription is needed.
2. Stop iron 5 days prior to your scheduled colonoscopy.
3. If you take insulin, coumadin, blood pressure or heart medications contact your primary care provider about whether or not you should take them before of the exam.

The Day before the Exam:

1. You may have a light breakfast (1 piece of bread with coffee or juice). **AFTER BREAKFAST YOU MAY HAVE CLEAR LIQUIDS ONLY FOR THE REST OF THE DAY.** Clear liquids include:
 - a. Clear broth or bullion (no vegetables, meat, or noodles)
 - b. Strained fruit juices without pulp (apple, white grape, lemonade)
 - c. Water, plain coffee or tea, Gatorade, Kool-Aid
 - d. Soft drinks such as 7-Up, Sprite, or Ginger Ale
 - e. Jell-O (plain without added fruit, no red or purple Jell-O)
 - f. Ice Popsicles or Italian ice (without fruit)
2. Fill the jug of GoLytely, Colyte or NuLytely with water as indicated on the bottle. You may refrigerate this mixture if you wish.
3. At 5:00pm begin drinking the GoLytely, Colyte or NuLytely. Drink approximately one (1) 8 oz. glass every 15 minutes until 3L is consumed.

The Morning of your Procedure:

4. **Four hours prior to the start of your procedure at _____ am,** drink one 8 ounce glass of solution until the remaining liter is consumed. This will take approximately 1 hour. Do not eat or drink anything other the prep the morning of the procedure.

Exam Day:

1. Take your regular medications with a sip of water unless instructed otherwise by your doctor.

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2. You must bring an adult with you because you will be given medication to help you relax. This medication will make you drowsy so that you will need someone to take you home. **The procedure will be cancelled if an adult is not available to accompany you home.**