

Colonoscopy Prep Instructions — GoLYTELY

Please read all instructions carefully and completely before your procedure day.



What is GoLYTELY? GoLYTELY is a two-step prep. Two nights before your procedure, you will take Magnesium Citrate at bedtime to begin cleansing. The day before, you will follow a clear liquid diet and drink a full gallon of GoLYTELY solution — mixed from a powder jar — starting at 3 PM. This is one of the most thorough and well-established colonoscopy preps available.

⚠️ Diabetic patients: Please contact your prescribing doctor before your prep day to discuss adjusting your diabetes medications, since you will be on a clear liquid diet the day before your procedure. Check your blood sugar frequently while drinking your prep, and again the morning of your procedure before leaving home.

BEFORE YOU BEGIN

14 days

BEFORE PROCEDURE

All **weight loss medications** — Ozempic, Mounjaro, Wegovy, and any OTC weight loss products

5 days

BEFORE PROCEDURE

Higher-dose aspirin, Plavix, Brilinta, Aggrenox, Coumadin (Warfarin) — check

Medications to Stop in Advance

7 days

BEFORE PROCEDURE

Iron supplements and multivitamins containing iron

3 days

BEFORE PROCEDURE

Arthritis medications: Motrin, Aleve, Ibuprofen, Celebrex

with your cardiologist or PCP first

Blood thinners: Xarelto, Eliquis, Pradaxa
— check with your doctor first

✓ **Tylenol (acetaminophen)** is safe to take. ✓ **Low-dose aspirin (75–81 mg)** does not need to be stopped.

Please confirm you have your prep prescription **at least 3 days before** your procedure. Call us at (713) 497-1143 if you have not received it.

2 NIGHTS BEFORE

Bedtime — Magnesium Citrate

Bedtime Drink **10 oz of Magnesium Citrate** (over the counter — purchase from any pharmacy). This begins the cleansing process and makes the next day's prep more effective.

DAY BEFORE

Clear Liquid Diet All Day + Gallon Prep

Maintain a **clear liquid diet all day**. Drink at least **8 oz of clear liquid every hour** for 8 hours before starting your prep solution.

✓ ALLOWED CLEAR LIQUIDS

- | | |
|---|---|
|  Water |  Coffee (no creamer) |
|  Tea (no milk) |  Apple juice |
|  White grape juice |  Gatorade / Powerade |
|  Lemonade (clear) |  Clear broths |
|  Hard candy |  Popsicles |
|  Jell-O / gelatin |  Sprite / 7-Up |

✗ DO NOT HAVE

-  Red, blue, or purple liquids
-  Milk, cream, or dairy
-  Smoothies or protein shakes
-  Pulpy or cloudy juices
-  Alcohol of any kind
-  Soups with noodles or solids
-  Coffee with creamer or milk

 **Simple rule:** If you can see through it and it's not red, blue, or purple — it's likely fine.

How to Mix Your Prep Solution

1. Fill the jar with **water up to the one-gallon mark**.
2. Close the lid and **shake well** until the powder is fully dissolved.

3. **Refrigerate for at least 30 minutes** before drinking — a cold solution is much easier to tolerate.
4. Keep the jar refrigerated between pours throughout your drinking session.

TOTAL VOLUME: 1 GALLON = 128 OZ ≈ 8 GLASSES (16 OZ EACH)

Glass 1–2 First 30 min	Glass 3–4 Next 30 min	Glass 5–6 Next 30 min	Glass 7–8 Final 30 min
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Drink **one glass every 10–15 minutes** until the full gallon is finished. Most patients complete it in about **2 hours**.

All Day	Clear liquid diet only. Drink at least 8 oz of clear fluid per hour to stay well hydrated.
12:00 PM	Take 4 Dulcolax tablets (over the counter) with a full glass of clear liquid.
3:00 PM	Mix your prep solution (fill jar to one-gallon mark, shake well). Refrigerate 30 minutes, then begin drinking — one glass every 10–15 minutes until the full gallon is finished.
Evening	Continue drinking clear liquids throughout the rest of the evening. Bowel movements typically begin within 30–60 minutes of starting prep and the prep is working when your output runs clear or light yellow.
10:00 PM	Take 1 Gas-X or Mylanta Gas tablet (simethicone) with 8 oz of clear liquid.

◆ **Nothing to eat or drink after midnight** ◆

SMALL SIPS OF WATER ARE ALLOWED ONLY TO TAKE YOUR MORNING MEDICATIONS

DAY OF PROCEDURE

Morning Instructions

Medications Take your **regularly scheduled medications** (including heart and blood pressure meds) with a small sip of water.

If After 12 PM If your procedure is scheduled **after 12:00 PM**, you may have clear liquids that morning — but stop **no later than 7:00 AM** or **6 hours before your procedure time**, whichever comes first.

Your Driver Your driver must be present and available to hear discharge instructions. **Taxis, rideshares (Uber/Lyft), and public transit are not acceptable substitutes.** A responsible adult must accompany you home.

REFERENCE

Blood Thinner Guide

Always check with your cardiologist, hematologist, or primary care physician before stopping any blood thinner.

Medication	Action
Low-dose Aspirin (75 mg or 81 mg)	✓ Continue — no need to stop
Higher-dose Aspirin · Plavix (Clopidogrel) · Brilinta (Ticagrelor) · Aggrenox	Stop 5 days before
Coumadin / Warfarin	Stop 5 days before
Xarelto (Rivaroxaban) · Eliquis (Apixaban) · Pradaxa (Dabigatran)	Stop 3 days before

Helpful Tips for a Smoother Prep

- ♦ Chill your solution well before drinking — cold prep is significantly more tolerable.
- ♦ Use a straw and drink steadily without stopping to think about it.
- ♦ Suck on hard candy or lemon drops between glasses to help with the taste.
- ♦ Squeeze fresh lemon or lime juice into each glass — it helps mask the flavor.
- ♦ If you feel nauseated, chilled, or have cramping — pause for 30 minutes, then continue slowly.
- ♦ You must finish the full gallon for the prep to be effective, even if you feel clean earlier.

- ✦ If your rectal area becomes irritated, apply zinc oxide cream (Desitin) as needed.
- ✦ Use moist, unscented flushable wipes instead of dry toilet tissue for comfort.
- ✦ The facility will call you the day before your procedure with your exact arrival time.

SCHEDULER / CONTACT INFO

PROCEDURE LOCATION

PROCEDURE DATE

Cancellation & No-Show Policy: A **\$50 fee** per procedure will be charged for no-shows or late cancellations. This fee is not covered by insurance and will be collected at the time of scheduling. If you need to reschedule, please notify our office **at least 24 hours in advance** to avoid this charge.

Shaya Digestive & Liver Clinic
Willowbrook · Tomball · Cypress

(713) 497-1143
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Questions? Call us during
regular business hours.