

Colonoscopy Prep Instructions - GoLYTELY

Read every section before your prep begins. Instructions from Shaya Digestive & Liver Clinic and your prescribing clinician take priority.



What is GoLYTELY?

GoLYTELY is a **two-step colonoscopy preparation**. Two nights before your procedure, take **Magnesium Citrate at bedtime** to begin cleansing. The day before, follow a clear liquid diet and drink a full **one-gallon GoLYTELY solution**, mixed from the powder jar, beginning at **3:00 PM**.



Important for patients with diabetes

Contact your prescribing doctor **before your prep day** to discuss diabetes medication adjustments. Check your blood sugar frequently while drinking the prep and again on the morning of your procedure before leaving home.



Medications to Stop in Advance

Do not stop prescription blood thinners, diabetes medicines, or other prescribed medicines without guidance from the prescribing clinician.

14 days

BEFORE PROCEDURE

All weight loss medications - Ozempic, Mounjaro, Wegovy, and any over-the-counter weight loss products.

7 days

BEFORE PROCEDURE

Iron supplements and multivitamins containing iron.

5 days

BEFORE PROCEDURE

Higher-dose aspirin, Plavix, Brilinta, Aggrenox, Coumadin (Warfarin) - check with your cardiologist or primary care clinician first.

3 days

BEFORE PROCEDURE

Arthritis medications: Motrin, Aleve, ibuprofen, Celebrex.

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



Safe-medication reminders

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



Confirm your prescription at least 3 days before the procedure

Make sure you have your GoLYTELY prescription and required over-the-counter items. If you have not received the prescription, call **(713) 497-1143**.

Two Nights Before & Clear Liquid Guide

Begin the first cleansing step at bedtime, then remain on approved clear liquids throughout the day before the procedure.



Two Nights Before

Bedtime - Magnesium Citrate

Bedtime

10 OZ

Drink **10 oz of Magnesium Citrate**. This is available over the counter at most pharmacies. It begins the cleansing process and makes the next day's prep more effective.



Day Before: Clear Liquid Diet All Day

Drink at least 8 oz of approved clear liquid every hour for 8 hours before starting the GoLYTELY solution.

✓ Allowed clear liquids

- Water
- Coffee without creamer
- Tea without milk
- Apple juice
- White grape juice
- Gatorade or Powerade
- Clear lemonade
- Clear broths
- Hard candy
- Popsicles
- Jell-O or gelatin
- Sprite or 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 is **not red, blue, or purple**, it is likely an acceptable clear liquid.



How to Mix Your GoLYTELY Solution

Use the powder jar provided with your prescription.

1

Fill the GoLYTELY 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. Cold solution is easier to tolerate.

4

Keep the jar refrigerated between pours throughout the drinking session.



Total volume: 1 gallon = 128 oz

Plan for approximately **eight 16-oz glasses**. Drink one glass every **10-15 minutes** until the full gallon is finished. Most patients complete it in about 2 hours.

Day Before: Step-by-Step Schedule

Follow each time point carefully and continue drinking approved clear liquids throughout the evening.



One-Gallon Drinking Plan

Check each glass as you finish it.

GLASSES 1-2 First 30 min ☐ ☐	GLASSES 3-4 Next 30 min ☐ ☐	GLASSES 5-6 Next 30 min ☐ ☐	GLASSES 7-8 Final 30 min ☐ ☐
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Day-Before Timeline

Begin at noon and follow each time point carefully.

All Day	CLEAR LIQUIDS	Clear liquid diet only. Drink at least 8 oz of clear fluid per hour to stay well hydrated.
12:00 PM	4 DULCOLAX	Take 4 Dulcolax tablets (over the counter) with a full glass of clear liquid.
3:00 PM	MIX + BEGIN	Fill the jar to the one-gallon mark, shake well, and refrigerate for 30 minutes . Then begin drinking one 16-oz glass every 10-15 minutes until the full gallon is finished.
During Prep	STAY NEARBY	Keep the jar refrigerated between pours. Bowel movements usually begin within 30-60 minutes . The prep is working when the output becomes clear or light yellow.
Evening	KEEP HYDRATING	Continue drinking approved clear liquids throughout the rest of the evening.
10:00 PM	GAS RELIEF	Take 1 Gas-X or Mylanta Gas tablet (simethicone) with 8 oz of clear liquid .



After midnight

Nothing to eat or drink after midnight. Small sips of water are allowed only to take your approved morning medications. If your procedure is scheduled after 12:00 PM, follow the timing below.



Day of Procedure

Morning instructions

Medications	Take your regularly scheduled medications, including heart and blood pressure medicines, with a small sip of water .
If after 12 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.
Driver required	Your driver must be present for discharge instructions. Taxis, rideshares such as Uber or Lyft, and public transit are not acceptable substitutes. A responsible adult must accompany you home.
Arrival time	The facility will call you the day before your procedure with your exact arrival time.

Blood Thinner Reference & Helpful Tips

Keep this page handy during the preparation. Call the clinic if any instruction is unclear.



Always confirm before stopping a blood thinner

Check with your cardiologist, hematologist, or primary care clinician before stopping any blood thinner. The table below is a reference only; your clinician may give different instructions.



Blood Thinner Guide

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 the solution well before drinking.
- Use a straw and drink steadily.
- Suck on hard candy or lemon drops between glasses.
- Squeeze fresh lemon or lime juice into each glass to help mask the flavor.
- If you feel nauseated, chilled, or have cramping, pause for 30 minutes, then continue slowly.
- Finish the full gallon**, even if the output looks clear earlier.
- Apply zinc oxide cream (Desitin) if the rectal area becomes irritated.
- Use moist, unscented flushable wipes instead of dry toilet tissue for comfort.
- The facility will call the day before with your exact arrival time.



Your Procedure Details

Complete these fields before the procedure date.

Patient / Contact Information	Procedure Location	Procedure Date / Arrival Time



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. To avoid the charge, notify the office **at least 24 hours in advance** if you need to reschedule.



Questions? Call during regular business hours.

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Willowbrook | Tomball | Cypress

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