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<https://www.manhattangastroenterology.com/>

[Colonoscopy Preparation with **GoLYTELY**](https://www.manhattangastroenterology.com/patient-info/procedure-instructions/colonoscopy-golytely/) (Split Dose Prep)

Colonoscopy prep instructions with golytely at Manhattan Gastroenterology. Typically, our anesthesiologist will give you a sedative or painkiller so you can relax during the procedure. Colonoscopy rarely causes much pain, but the sedation will help you better tolerate any discomfort, such as pressure, bloating or cramping. To learn more visit [colonoscopy procedure](https://www.manhattangastroenterology.com/procedures/colonoscopy-doctor-nyc/)

**Your prescription for GoLYTELY will be ordered one week before your exam at the pharmacy of your choice.**

Please pick it up at that time.

To enhance the taste of GoLYTELY, ask for flavor packets at the pharmacy.

|  |  |  |  |
| --- | --- | --- | --- |
| **3 Days**  **Before Your Exam** | **2 Days Before**  **Your Exam** | **1 Day Before Your Exam** | **The Day of The Exam** |
| * If you haven’t | * If you have | * Begin a clear liquid diet. You | * **5 hours before your** |
| already done so, | not already done | can have water, clear broth or | **appointment time:** Drink the |
| pick up your | so, please pick | bouillon, coffee or tea (no milk | remaining 1 liter (the rest of |
| prescription for | up your | or creamer), Gatorade, | the bottle) of GoLYTELY. |
| GoLYTELY at the | prescription for | Powerade, Pedialyte, |  |
| pharmacy.   * Start a low fiber diet. | GoLYTELY at the pharmacy. You will need to drink it tomorrow. | carbonated and non carbonated soft drinks, Kool-Aid or other fruit flavored drinks, Jell-O, popsicles and hard candy. No red or purple fluids are allowed. | * Continue clear liquid diet including water   + **3 hours before your appointment:** Stop drinking |
| * Stop any iron supplements * Arrange for your transportation from   the procedure | * Do not eat any solid food   after  **midnight.** | * Drink at least **8 glasses of wate**r of clear liquids   throughout the day   * **At 6 PM:** Refrigerate the solution. Begin drinking 3 | liquids. (You may take your morning medicines with 4 ounces of water)   * Your stool should be clear yellow to be ready for the   exam. |
| * If you need to cancel your   procedure, please call the office at 2124278761 |  | liters of the GoLYTELY solution (75% of the bottle). Drink 8 ounces every 10 minutes until completed. If  you vomit, wait 30 minutes. |  |
|  |  | After that, begin drinking |  |
|  |  | again taking 6 ounces every |  |
|  |  | 15 minutes. |  |
|  |  | * Refrigerate the remaining |  |
|  |  | 1 liter (25%) of the |  |
|  |  | GoLYTELY |  |