



Beginning four nights before your colonoscopy you must begin a **clear liquid diet**. The night before your colonoscopy you are to do a fleets enema at your home. You will then do another fleets enema at your home the morning of your colonoscopy.

Clear Liquid Diet Prep

Four days prior to Colonoscopy drink only “**clear liquids**” for breakfast, lunch and dinner.

Solid foods, milk products **are not** allowed.

Do not eat or drink anything with RED or PURPLE food coloring.

“**Clear Liquids**” include:

- Apple juice, white grape juice, white cranberry juice or lemonade
- Water (as much as desired)
- Clear broth or bouillon (chicken or beef flavor)
- Coffee or tea (without milk or non dairy creamer)
- Gatorade, Sprite, 7up
- Plain Jell-O without topping or fruit (lemon, lime, orange)
- Popsicles (lemon, lime, orange, peach)

Night Before Procedure:

Give yourself 1 FLEET ENEMA the night before procedure.

Morning of Procedure:

Between 4 AM and 6 AM, give yourself 1 FLEET ENEMA before coming to the facility for the colonoscopy.

FLEET ENEMA may be purchase from any store / pharmacy; no prescription needed.

Important – Please follow the directions for this prep carefully.



Colonoscopy Preparation Instructions

Golytely



Adult Gastroenterology, Hepatobiliary & Pancreatic Disorders

Colonoscopy Preparation Instructions (GOLYTELY)

No Aspirin, Plavix, Coumadin or non steroid anti-inflammatory blood thinning products 7 days prior to procedure.

Nothing to eat or drink after midnight prior to the procedure.

Arrive 2 hours early.

Arrange for a ride back home after your procedure is over.

Day Prior to Procedure

Clear liquid diet all day long no exceptions. Please see clear liquid diet section.

It is very important to avoid solid foods the day before your colonoscopy. You are allowed clear liquids only.

- Start drinking Golytely between 2 PM – 4 PM; no later than 6 PM
- Drink the 1 gallon of Golytely over 3-6 hours.
- You will receive a prescription for Golytely.
- Mix Golytely with water early in the morning and place in your refrigerator.
- Do Not Add Ice.
- You may add 1 packet of crystal light (lemon flavor only) to the gallon, to improve the taste.

You may continue with your clear liquid diet all day until midnight.

Morning of the Procedure

Between 4 AM and 6 AM, give yourself 1 FLEET ENEMA before coming to the facility for the colonoscopy.

FLEET ENEMA may be purchased from any store / pharmacy; no prescription needed.

Important – Please follow the directions for this prep carefully. Your procedure will be cancelled and rescheduled if the colon prep is not adequate.

Clear Liquid Diet

Drink only "Clear Liquids" for breakfast, lunch and dinner.

Solid foods, milk products are **not** allowed.

Do not eat or drink anything with **RED** or **PURPLE** food coloring.

"Clear Liquids" include:

- Apple juice, white grape juice, white cranberry juice or lemonade
- Water (as much as desired)
- Clear broth or bouillon (chicken or beef flavor)
- Coffee or tea (without milk or non dairy creamer)
- Gatorade (especially good for replacing electrolytes)
- Sprite, 7-up
- Kool-Aid (lemon, lime, orange, peach)
- Plain jello without topping or fruit (lemon, lime, orange, peach)
- Popsicles (lemon, lime, orange, peach)

No fruits or vegetables should be eaten the day before the procedure.