

GoLYTELY or other PEG Laxative 8-Liter 2-Day Split Dosing Colonoscopy Preparation

Preparing for your procedure

Your colonoscopy is scheduled for: _____ Please check in at: _____ a.m./p.m.
Day Date

Show your current insurance card and photo ID at check-in.

Doctor: _____ Pharmacy: _____

What you'll need	7 days before your procedure	5 days before your procedure
<p>Get the following items 5 to 7 days before your procedure from the pharmacy written above. Call the pharmacy to confirm that your prescription was received.</p> <ul style="list-style-type: none">• Polyethylene glycol (PEG) laxative, such as GoLYTELY, CoLyte, NuLYTELY or GaviLyte—two 4-liter containers (Note: Your pharmacy may provide 1 of the above or an equivalent PEG laxative, depending on availability.)• Bisacodyl—4 tablets, each with 5 milligrams of bisacodyl, such as Dulcolax laxative tablets (Don't use Dulcolax stool softener.)• If prescribed, ondansetron hydrochloride (Zofran), an anti-nausea and anti-vomiting medicine—4 tablets (Note: This medicine isn't routinely prescribed. Not everyone will get it.)	<ul style="list-style-type: none">• Talk with your primary care clinician about stopping any:<ul style="list-style-type: none">» Anticoagulation medications, such as apixaban (Eliquis), dabigatran (Pradaxa), edoxaban (Savaysa), rivaroxaban (Xarelto) or warfarin.» Antiplatelet medications, such as clopidogrel (Plavix), prasugrel (Effient) or ticagrelor (Brilinta).• Ask your primary care clinician for instructions if you take insulin for diabetes, have heart valve disease or have had heart valve replacement.• Stop taking iron (ferrous sulfate) and multivitamins that contain iron.• Arrange to have a trusted adult drive you home after your procedure or ride with you by bus, taxi or ridesharing service. Don't ride a motorcycle.	<ul style="list-style-type: none">• Start eating a low-fiber diet. A low-fiber diet helps make the bowel preparation more effective. See the handout <i>Low-Fiber Diet Guidelines</i> (#20953).• Stop taking fiber supplements (Benefiber, Citrucel, Metamucil, FiberCon).• Complete the health history form (if a form was given to you).

2 days before your procedure

- See the tips for colon cleansing in the handout *Colonoscopy: What to expect* (#13060).
- **When you wake up for the day, don't eat any solid food. Begin a clear liquid diet.** Clear liquids are liquids that look like colored water and you can see through at room temperature.
Don't drink any red or purple liquids. The color may interfere with your procedure. You may have any of the following:
 - » Water, clear broth or bouillon, coffee or tea without milk or nondairy creamer
 - » Gatorade or Powerade noncarbonated sports drink—Regular Gatorade, regular Powerade, Gatorade G2 and Powerade Zero are OK. Choose a green-, yellow- or clear-colored flavor. Don't use powdered Gatorade.
 - » Pedialyte, Propel Electrolyte Water, carbonated and noncarbonated soft drinks, Kool-Aid or other fruit-flavored drinks and strained fruit juices without pulp (apple, white grape, white cranberry)
 - » Jell-O, Popsicles and hard candy
- Mix the PEG solution of 1 container as directed on the label. If you want, refrigerate to chill before drinking. To help make drinking the solution easier, see "Tips for drinking the PEG solution" below. **Drink the solution as directed below—don't follow the directions on the container.**
- **At 3 p.m.** begin drinking 2 liters (half the container, or about eight 8-ounce glasses) of the PEG solution.
 - » Drink one 8-ounce glass of the PEG solution every 10 minutes until the container is half empty.
 - » If you have nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. If prescribed, take ondansetron hydrochloride (Zofran) if needed for nausea according to the label. Then continue drinking the solution.
 - » Refrigerate the remaining 2 liters (half of the container) of the PEG solution.
 - » Expect to have diarrhea. You may see results right after drinking the solution, or it may take a bit longer. You may feel chilled.
- Drink at least eight 8-ounce (237-milliliter) glasses of water throughout the day. Cross out each square as you drink a glass.
- Don't drink any alcoholic beverages.
- Continue to drink clear liquids. Drinking clear liquids makes sure you're hydrated well enough and helps your bowel preparation fully clean out your colon.

Tips for drinking the PEG solution

- Drink the solution quickly—Drinking it quickly is part of how the preparation works.
- Drink the solution cold but not ice cold. Ice-cold liquids aren't digested as quickly.
- Add a little Crystal Light (lemonade only) to each glass as you drink for flavor. Don't add to the entire prepared solution.
- Drink through a straw to help the flavor pass over your taste buds.
- Wear warm clothing since drinking the prepared solution may make you cold.
- Suck on a lemon or hard candy between each glass to help reduce the flavor of the preparation.

1 day before your procedure

- **When you wake up for the day, drink the remaining half of mixed PEG solution.**
 - » Drink one 8-ounce glass of the PEG solution every 10 minutes until the container is empty.
 - » If you have nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. If prescribed, take ondansetron hydrochloride (Zofran) if needed for nausea according to the label. Then continue drinking the solution.
 - » Expect to have diarrhea. You may see results right after drinking the solution, or it may take a bit longer. You may feel chilled.
- **Continue drinking a clear liquid diet .** Remember, clear liquids are liquids that look like colored water and you can see through at room temperature.
- Drink at least eight 8-ounce glasses of water throughout the day. Cross out each square as you drink a glass.
- Mix the 2nd container of PEG solution as directed on the label. If you want, refrigerate to chill before drinking. To help make drinking the solution easier, see “Tips for drinking the PEG solution.”
- **At 5 p.m.,** take 4 bisacodyl tablets.
- **At 6 p.m.,** begin drinking 2 liters (half the container, or about eight 8-ounce glasses) of the mixed PEG solution.
 - » Drink one 8-ounce glass of the PEG solution every 10 minutes until the container is half empty.
 - » If you have nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. If prescribed, take ondansetron hydrochloride (Zofran) if needed for nausea according to the label. Then continue drinking the solution.
 - » Expect to have diarrhea. You may see results right after drinking the solution, or it may take a bit longer. You may feel chilled.
- Continue to drink clear liquids. Drinking clear liquids makes sure you’re hydrated well enough and helps your bowel preparation fully clean out your colon.

Day of your procedure

- **Four hours before leaving your home for your procedure,** drink one 8-ounce glass of the remaining mixed PEG solution every 10 minutes until the container is empty. Continue a clear liquid diet, including water.
 - » If you have nausea or vomiting, rinse your mouth with water and take a 15- to 30-minute break. If prescribed, take ondansetron hydrochloride (Zofran) if needed for nausea according to the label. Then continue drinking the solution.
- You may take your morning medicines with 4 ounces of water after drinking your PEG solution.
- **Three hours before** your procedure, stop drinking all liquids, including water.
- Your stool should be clear or yellow liquid. If you’re unsure whether your colon is clean, call the number on the handout *Gastroenterology and Endoscopy Locations*.
- Bring the following to your procedure:
 - » Health insurance card, photo ID, completed health history form (if a form was given to you) and trusted adult to drive you home or ride with you if you take a bus, cab or ridesharing service



Education Resources