

Please use for all of Dr. Errampalli's patients

## **Digestive Disease Consultants of Kankakee, S.C.**

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### **Golytely Bowel Prep**

Obtain a prescription from your physician. The goal of the bowel prep is to prepare your bowel so that stool will not be present and a thorough colonoscopy can be performed. It is very important to take all of your solution.

#### **Day before Exam:**

Begin drinking Golytely (chilled) at 6pm (drink 1-2 liters per hour for a total of 4 liters.) Do not eat or drink anything after midnight. (The only exception is you may take medications the morning of your colonoscopy with a sip of water)

#### **Day of Exam:**

Fleet's enema 30 to 40 minutes before leaving your home

#### **Clear liquid diet**

These Items are Allowed:

Water, Clear broths (chicken broth, beef broth, vegetable broth), Juices (apple juice, prune juice, grape juice, cranberry juice, lemonade, Kool Aid), Clear beverages (Sodas, Tea, Coffee), Ices/Jell-O (Clear Jell-O, Popsicles without fruit, Italian Ices)

These Items are Not Allowed:

Milk, Cream, Milkshakes, Orange Juice, Tomato Juice, Cream Soups, Oatmeal, Cream of Wheat, Any soups other than clear broth

#### **Please Note**

You may drink unlimited amounts of clear liquid prior to midnight and are encouraged to drink as much as possible to prevent dehydration from the laxative.

#### **Problems**

- If you are experiencing indigestion, cramps, nausea, or vomiting lie down and rest. Continue to drink fluids, but not coffee. Do not smoke. You may take 1 to 2 teaspoons of Maalox or Mylanta.
- If you vomit more than twice please call according to the instructions below.
- If you have severe diarrhea and feel weak, continue to take liquids but do not continue Golytely.
- If you are not having bowel movements use a Fleets enema at 8:00 p.m.

**If you experience problems please call 815-937-5200, If it is after office hours the doctor on call will be paged for you.**