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GOLYTELY PREP

Day Before Test

Start a clear liquid diet at lunch the day before your test. (**No solid food, no milk**),

Clear Liquids Diet List

Soft drinks (orange, ginger ale, cola, sprite, 7up, Gatorade, Kool Aid avoid red colors)

Strained fruit juices, NO PULP

Water, tea, coffee (no milk or non-dairy creamer, you may use sugar or honey)

Low sodium chicken or beef bouillon or broth

Hard candies, Jell-o or Popsicle's (avoid red colors)

3:00 pm Day Before Test

Drink only 1/2 gallon of the prep, the day before your test. Drink one large glass every 20 minutes. Drink each glass quickly. Take only clear liquids for supper.

AT 11 pm the night before test or 7 hours prior to your scheduled colonoscopy time, take the remaining half-gallon of colon prep.

Drink one large glass every 20 minutes until gone.

Helpful Hints

Mix the liquid prep and refrigerate it to help with the taste.

When drinking the prep use a straw. This will help to bypass the taste buds.

Try sucking on lifesavers and hard candies to help with the taste in your mouth.

Day of Test

Do not eat or drink anything until after your test; take your regular medications with a sip of water.

Appointment Date: _____

Location: _____

**NOTHING TO EAT OR DRINK 6 HOURS PRIOR TO
PROCEDURE** (THIS INCLUDES WATER & PREP
SOLUTION)**

**YOU MUST HAVE SOMEONE DRIVE YOU HOME FROM
PROCEDURE!**

****There is a \$250 fee if 3 business days are not provided when
rescheduling or canceling procedures**
(This is not payable by your insurance)**