



## CoLyte/GoLyteLy Prep Instructions

Read at least 10 days prior to test

***Please read instructions on pre procedure page concerning diabetes meds.***

***\*\*Please take blood pressure, heart and seizure medication the morning of your test\*\****

Please report to the registration desk inside the front of Northeastern Health System/Tahlequah City Hospital for your colonoscopy by Dr. Simpson at (arrival time) on (procedure date)

1. **BEGIN A CLEAR LIQUID DIET** (see below) on **(day before procedure)**  
(No solid food today until after your test)
2. On the morning of **(day before procedure)**  
mix the prep and place in the refrigerator. (This must be used  
within 24 hours).
3. On **(day before procedure)** at **3pm**, you will begin your prep as follows:

**3pm:** Drink a 32 oz. bottle of sports drink (if dialysis patient drink water instead of sports drink)  
Clear liquids include all of the following: water, tea, clear soft drinks, coffee, Gatorade, clear  
juices, Jell-O, bouillon, broth and popsicles. No milk, cream, fruit, solids or pulp. NOTHING red in  
color.

**4:30pm:** \*\*\*Take Reglan 10 mg by mouth\*\*\*

**5pm:** Drink 1 glass of the prep every 10 minutes until 2/3 of the jug is gone. Must be done over 3  
hours. Place the remaining 1/3 in the refrigerator for tomorrow.

**9pm:** Take 4 Dulcolax (biscodyl) tablets by mouth with a 32 ounce sports drink. (Must purchase  
separately - if dialysis patient drink water instead of sports drink)

4. Feeling of bloating, chills and/or nausea are common after beginning the prep due to the large  
volume of fluid ingested. This is temporary and will improve. Most people will have a bowel  
movement within 30 minutes to 2 hours of starting the laxative prep.
5. On the morning of **(day of procedure)** (the morning of your procedure), finish your prep as  
follows:

At **(4 hours prior to arrival time)**: drink the remaining 1/3 of the prep over a 2 hour period.

At **(3 hours prior to procedure)**: Take 4 Dulcolax (biscodyl) tablets by mouth.

6. You may have clear liquids until **(2 hours prior to procedure)**, then nothing by mouth until after  
the exam.

**YOU MUST BRING A DRIVER** that will remain with you at all times. Do not plan to  
work after your procedure. You may brush your teeth the morning of the test, just  
don't swallow the toothpaste. Please remove or bring solution to remove contact  
lenses prior to your procedure.

**Please call the office at 918-207-0025 if: you take or believe you may be taking a blood thinner, if you have questions concerning your procedure (ask for Tracy, RN or Sheri, LPN, or if you need to reschedule (ask for Kristal)**