



## WH Gastroenterology At Silver Stream

2421 Silver Stream Lane  
Wilmington, NC 28401-7684  
Phone: (910) 341-3343  
Fax: (910) 341-3320

### GoLYTELY Split Dose Prep

It is important to follow these instructions exactly as written. If your colon is not completely cleaned out, the doctor will not be able to see you, and you may have to repeat the prep and procedure another time.

#### What to Buy:

- Your **GoLYTELY** prescription has been sent to your pharmacy. Have it filled a few days prior to your exam.
- **Dulcolax (Bisacodyl) 5 mg laxative tablets.** You will need 4 tablets.
- **You will need to purchase these over the counter if they are not included in your prescription.**

#### The day before your procedure:

- **You will be on a clear liquid diet all day. NO SOLID FOOD UNTIL AFTER YOUR PROCEDURE!**
- In the morning, mix the GoLYTELY and refrigerate.
- **Please drink large volumes of clear liquids throughout the day to avoid dehydration and ensure a good prep.**
- **You MAY HAVE:**
  - Water, tea, black coffee, sodas, clear broths, apple juice, white grape juice, white cranberry juice, popsicles, slushies, Italian ice, Hi-C, Kool-Aid, Jell-O, and hard candy. **(NO red, orange, or purple)**
- **DO NOT HAVE:**
  - Meat, milk, cream, pudding, Fudgsicles, sherbets, fruit bars, fruit or fruit toppings, cream soups, or any juice containing pulp (orange, tomato, grapefruit)
- **At 4:00 pm** take **4** Dulcolax tablets with **2** glasses of clear liquids.
- **At 6:00 pm** begin drinking the GoLYTELY. Drink 8 ounces (1 cup) every 15 minutes until you have had half of the GoLYTELY **(8 cups)**.
- Many patients report that it is helpful to use a straw to drink the liquid. You may also put a piece of hard candy in your mouth while drinking to help with flavor.
- If you become nauseated while drinking the GoLYTELY, you may take a break, but you will need to resume drinking the prep.
- You may continue to have clear liquids until **3 hours** before your scheduled procedure time.

**The morning of your procedure:**

- Start drinking the 2nd half of the GoLYTELY **6 hours** before your scheduled procedure time. Drink 8 ounces every 15 minutes until you have finished the GoLYTELY.
- You need to take your usual morning medications with only SIPS of water at least **3 hours** prior to your scheduled procedure time.
- **NOTHING by mouth for at least 3 hours prior to your procedure(s).** This includes chewing gum, mints, hard candy, etc. For your safety, failure to comply with this will result in cancellation of your procedure(s).

**Diabetic Patients:**

- On the day before your procedure: Call your primary care provider for instructions on diabetic medications.
- On the morning of your procedure: DO NOT take any insulin or diabetic medications.

**Patients on Blood Thinners:**

- At your nurse prep call, the nurse will give you instructions.

**Other Medication:**

- If you are taking any injectable medication for weight loss or diabetes such as Ozempic, Trulicity, Mounjaro, Wegovy, Zepbound, or other similar injectable medications, please hold for one week.
- If you are taking Phentermine for weight loss, you must hold for one week.
- For your safety, failure to comply with this will result in cancellation of your procedure(s). If you have any questions concerning this, please call our office for further instructions at 910-341-3343.

**YOU CANNOT DRIVE YOURSELF HOME!**

**A responsible licensed driver of at least 18 years of age must be present upon your arrival and remain in the building during your procedure until it is time to drive you home.** It is recommended that someone remain with you throughout the day. The anesthesia medication you receive during your procedure makes driving dangerous and illegal. **We cannot legally release you to drive. You will not be able to drive the rest of the day. You cannot take a taxi, Uber, or other ride-sharing service home.**

*Thank you for allowing Wilmington Health to serve your health care needs! It is our pleasure to be part of your health care family.*