

Michael T. Kennedy, M.D.
Northwest Medical/Surgical Associates, Inc.
P.O. Box 166, 148 Fairfield Street
St. Albans, VT 05478
(802)524-2168

GOLYTELY PREP FOR COLONOSCOPY

You will be given a prescription for Reglan and Golytely to bring to your pharmacy. Keep the solution REFRIGERATED. KEEP OUT OF REACH OF CHILDREN.

PLEASE LEAVE ALL JEWELRY AND OTHER VALUABLES AT HOME. YOU ONLY NEED TO BRING YOUR INSURANCE CARD AND ONE PIECE OF IDENTIFICATION WITH YOU.

NO ASPIRIN OR BLOOD THINNERS SHOULD BE TAKEN FOR 5 DAYS PRIOR TO YOUR PROCEDURE.

Instructions:

1. **The day before your exam** you are only to have clear liquids. Clear liquids consist of Jell-O (excludes red and orange Jell-O), ginger ale, popsicles (excludes red and orange popsicles), Gatorade, cola, black coffee or tea, water and any liquid you can see through but **ABSOLUTELY NO MILK PRODUCTS**. It is important to drink as much fluid as you can as it will aid the prep in cleaning your bowel. Remember to drink fluid containing sugar.

5:30 PM: Take the Reglan pill.

6:00 PM: Begin drinking your Golytely solution. Drink an 8 oz glass every 10-15 minutes. You may drink up to seven 8 oz glasses per hour until half of the bottle is empty.

4. **The day of your exam**, 4 hours before your arrival time, take the remaining Reglan pill and wait 30 minutes before you drink the remainder of the Golytely solution.

Report to the Surgical Services Department of Northwestern Medical Center one hour before your scheduled appointment time.

Golytely solution has a mild sulfur and salty taste and is more palatable when chilled. Side effects are very rare; however it is possible that you may have some mild cramping, nausea or vomiting. If you should have these symptoms or other problems to the point of distress, call your physician or the Emergency Room.

PLEASE MAKE ARRANGEMENTS TO HAVE SOMEONE DRIVE YOU HOME.