

# Bowel Preparation Instructions: Two-Day Bowel Preparation Golytely and Dulcolax

## Preparing for the test

The day before your test you will need to prepare your test. Your body must be empty so that the doctor can see during the colonoscopy. You will be using a **Golytely and Dulcolax** bowel preparation to clean out your body.

Please follow all instructions carefully. To get ready for your test, you will need to buy items for the bowel preparation.

### Medications to buy:

- Eight Bisacodyl/Dulcolax tablets (5mg). Make sure these can be taken by mouth/orally. (No prescription is needed for these tablets.)
- **Check with your pharmacy and fill your prescription for Golytely/Nulytely/Colyte.**

### From your grocery or convenience store:

- Packets of Crystal Light to help the prep taste better. (Optional)  
Make sure that it is **not red or purple colored.**

You will receive a phone call from a nurse and/or from registration 5 to 7 days before your procedure. They will ask questions to help get you ready for your procedure, to talk about your health; and to help you understand which medications you can or cannot take before the test. If you have **ANY** questions regarding these instructions, please call us at **(320) 229-4974**, Monday through Friday between 8:00 a.m. and 4:30 p.m. You may also call us toll free at 1-844-795-1734. If you need to reschedule your appointment, please call **(320) 229-4933**.

## Five (5) days before your colonoscopy

- **Avoid** taking medications that will stop diarrhea – Examples: Imodium or Pepto-Bismol.
- **Avoid** taking fiber medications or supplements – Examples: Metamucil or Citrucel.
- **Avoid** taking iron supplements or products that contain iron – Example: Multi-vitamins.
- **Avoid** taking vitamin E supplements or medications.

## Three (3) days before your colonoscopy

- **Begin a low fiber diet – Avoid** eating high fiber foods – Examples: Popcorn, seeds (flax seeds, sunflower, and quinoa), multigrain breads or pasta, nuts, granola, salads, raw vegetables, or fresh and dried fruits. Limit the amount of meats.

## Two (2) days before your colonoscopy

- Only drink clear liquids the **entire day**. Do **not** eat any solid foods. Drink at least eight ounces of clear liquids every hour after waking up.
- **At 9 a.m.**, take four tablets of Bisacodyl/Dulcolax and continue to drink clear liquids. Add water to your container of Golytely/Nulytely/Colyte and shake well. Place Golytely in the refrigerator.
- If you would prefer to drink the prep at room temperature, you may take it out of the fridge at **1 p.m.**
- **At 3 p.m.**, start drinking the Golytely/Nulytely/Colyte prep. You will only be drinking half or 64 ounces of this bowel preparation.
- Drink an **eight-ounce glass** every 15 minutes until you have finished 64 ounces. It will take you two to three hours to finish drinking it.
- Some people may feel nauseous, bloated, or vomit. If this happens, take a 15-30-minute break and then try drinking the prep mixture again.
- You may add a Crystal Light packet to each glass to improve the taste of the prep.
- You should be done drinking your prep by **6 p.m.**

## One (1) day before your colonoscopy

- Continue to drink clear liquids **entire day** before your colonoscopy. Do **not** eat any solid foods.
- **At 9 a.m.**, take four tablets of Bisacodyl/Dulcolax. Add water to your container of Golytely/Nulytely/Colyte and shake well. Place Golytely in the refrigerator.
- If you would prefer to drink the prep at room temperature, you may take it out of the fridge at **1 p.m.**
- **At 3 p.m.**, start drinking the Golytely/Nulytely/Colyte prep.
- Drink an **eight-ounce glass** every 15 minutes until you have finished all of it. It will take you four to six hours to finish drinking it. You must finish drinking **all** your prep mixture.
- Some people may feel nauseous, bloated, or vomit. If this happens, take a 15-30-minute break and then try drinking the prep mixture again.
- You may add a Crystal Light packet to each glass to improve the taste of the prep.

- **At midnight** stop drinking clear liquids. You should be done drinking your prep by this time.

### **Day of your colonoscopy**

- You may drink water until **four hours** before your scheduled arrival time.
- You may take your medications in the morning with a sip of water only on the day of your test.
- Remember **do not eat any solid foods.**