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GOLYTLEY INSTRUCTIONS

INSTRUCTIONS PRIOR TO COLONOSCOPY:

1. YOU MUST HAVE A SOMEONE DRIVE YOU TO AND FROM FACILITY. NO TAXI. The medication that you will receive will cause you to be drowsy and you will be unable to drive.
2. PLEASE DO NOT TAKE ANY COUMADIN, PLAVIX, ASPIRIN OR NON-STEROIDAL MEDICATIONS AT LEAST 5 DAYS PRIOR TO PROCEDURE. UNLESS GIVEN DIFFERENT INSTRUCTIONS BY PHYSICIAN. ALSO, DO NOT TAKE ANY MULTIVITAMINS OR IRON TABLETS 5 DAYS PRIOR TO PROCEDURE.

2 DAYS PRIOR TO PROCEDURE DO NOT EAT ANY SALADS (ex: lettuce or spinach)

THE DAY BEFORE THE TEST CLEAR LIQUID DIET:

1. YOU WILL BE ON A CLEAR LIQUID DIET ALL DAY.(NO SOLID FOOD) DO NOT DRINK ANY RED OR PURPLE LIQUIDS OR MILK. EXAMPLES OF CLEAR LIQUIDS ARE: CHICKEN BROTH, LEMONADE, APPLE JUICE, TEA, AND JELLO. (JELLO CAN BE YELLOW, GREEN OR ORANGE.)
2. ADD WATER 4 LITERS TO THE CONTAINER OF GOLYTLEY AND KEEP IN THE REFRIGERATOR TO KEEP COOL.
3. STARTING AT 3pm START DRINKING 3 LITERS OF GOLYTLEY OVER THE NEXT 3 HOURS.
4. AT 8pm, DRINK THE REMAINDER OF GOLYTLEY PREP WITHIN THE NEXT HOUR.
5. IF YOU ARE DIABETIC, PLEASE HALF THE DOSE OF YOUR DIABETES MEDICATIONS. ALSO, PLEASE MAKE SURE TO CHECK YOUR BLOOD GLUCOSE LEVEL PERIODICALLY AND ADJUST DIABETES MEDICATION ACCORDINGLY.
6. YOU MUST COMPLETE THE WHOLE PREP.
7. DRINK A LOT OF WATER THIS DAY TO KEEP YOURSELF HYDRATED.

YOU MAY CONTINUE TO DRINK CLEAR LIQUIDS UP TO MIDNIGHT. NOTHING TO EAT OR DRINK AFTER MIDNIGHT.

MORNING OF PROCEDURE:

1. IF YOU TAKE ANY BLOOD PRESSURE/ HEART RELATED/ THYROID MEDICATIONS TAKE IT WITH A SIP OF WATER MORNING OF PROCEDURE.
2. IF YOU ARE DIABETIC CHECK YOUR BLOOD GLUCOSE LEVEL ON THE MORNING OF THE PROCEDURE. IF YOUR BLOOD GLUCOSE LEVEL is MORE THAN 250-300 PLEASE TAKE REDUCED DOSE of XXXXXXXXXXX XXXXXXXXX
3. IF YOU DO NOT TAKE ANY BLOOD PRESSURE, HEART RELATED,

THYROID MEDICATIONS, PLEASE DO NOT EAT, DRINK, AND TAKE OTHER MEDICATIONS IN THE MORNING OF PROCEDURE.