

COLYTE/GOLYTELY COLONOSCOPY OR SURGERY BOWEL PREP

TWO DAYS BEFORE YOUR SURGERY, you will need to purchase over-the-counter:

- Small box of **Dulcolax Laxative or bisacodyl tablets**
- **You will need to fill your Colyte/Golytely/ Half-lytely/ Moviprep**
- **You will need to fill your reglan**

ON _____, (TWO DAYS BEFORE SURGERY), YOU WILL BE ON A LOW RESIDUE DIET. PLEASE SEE NEXT PAGE FOR LOW RESIDUE DIET INSTRUCTIONS.

DAY BEFORE PROCEDURE _____. You should have a clear liquid breakfast and lunch. After lunch or no later than 4:00 p.m., start prep.

- **Drink clear liquids only. Any of the liquids below are okay.**

Bouillon	White Grape Juice	Life-savers (dissolved in
Apple Juice	Carbonated Drinks	mouth)
Plain Jell-O (No red colors)	Gatorade	Water
Cranberry Juice	Popsicles (No red colors)	Crystal Light
Black Coffee or Tea		

****No milk or milk products the day of the colonoscopy**

- 3:00 p.m. Drink 8 oz. Clear liquid.
- 4:00 p.m. take Reglan 20 mg. 2 tablets by mouth
- 6:00 p.m. start Golytely (or Colyte) one gallon. Drink on 8 oz. Glass every 15 minutes. Finish entire gallon in 3 to 4 hours. It is advised to refrigerate the Colyte or Golytely prior to and during this bowel prep. You may flavor the Golytely or Colyte by adding one (1) canister of Crystal Light drink mix (no red).
- 10:00 p.m. Drink 8 oz clear liquid.
- 11:00 p.m. Before retiring drink 8 oz clear liquid and take 2 Dulcolax tablets by mouth.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT THE DAY PRIOR TO YOUR COLONOSCOPY OR SURGERY (EXCEPT FOR YOUR USUAL MEDICATIONS THAT YOU WERE TOLD TO TAKE WITH A SIP OF WATER).

DAY OF PROCEDURE _____

Go to the Endoscopy/MRI Registration at _____ a.m.

After the colonoscopy, go home and relax. Do not drive nor drink alcohol for at least 24 hrs. If you have a friend or family member with you and you **do not** wish for your surgeon to discuss your results with them, let the nurse know.

Our office will contact you by mail with the results from any biopsies or pathology reports.

****IF YOU HAVE ANY PROBLEMS FINISHING THE BOWEL PREP, CONTACT THE OFFICE IMMEDIATELY at 865-305-5335****

Low-Residue Diet

- White bread, melba toast, waffles, french toast, pancakes, saltines, plain cakes, cookies
- White rice, pasta, peeled cooked potatoes
- Cereals: farina, cream of rice, puffed rice, rice krispies, corn flakes, special K
- Tender cooked or canned vegetables (without seeds), carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans
- Strained fruit juice, canned fruit (except pineapple), ripe bananas, melons
- Milk, plain or flavored yogurt, custard, ice cream, cheese, cottage cheese
- Well-cooked tender beef, lamb, ham, veal, pork, fish, poultry, ground meats, organ meats, eggs, creamy peanut butter
- Margarine, butter, oils, mayonnaise, sour cream, salad dressings, sugar, clear jelly, honey, syrups
- Plain gravies, spices, cooked herbs, bouillon/broth, soups made with allowed vegetables
- Coffee, tea, carbonated drinks
- Hard candy, pretzels, plain snack crackers, gelatin, plain puddings, custard, ice cream, sherbet, popsicles, chocolate

While on a low-residue diet, these foods or drinks need to be avoided:

- ** Seeds, nuts, or coconut, including those found in bread, cereal, desserts, and candy.
- ** Whole-grain products, including whole-grain breads, cereals, crackers, pasta, rice, and kasha.
- ** Raw or dried fruits, such as prunes, berries, raisins, figs, and pineapple.
- ** Most raw vegetables.
- ** Certain cooked vegetables, including peas, broccoli, winter squash, brussel sprouts, cabbage, corn (and corn bread), onions, cauliflower, potatoes with skin, and baked beans.
- ** Beans, lentils, or tofu.
- ** Tough meats with gristle and smoked or cured deli meats.
- ** Cheese with seeds, nuts, or fruit.
- ** Peanut butter, jam, marmalade, or preserves.
- ** Pickles, olives, relish, sauerkraut, and horseradish.
- ** Popcorn.
- ** Fruit juices with pulp or seeds, prune juice, or pear nectar.