

**FISHERS DIGESTIVE CARE  
ANIL YAKHMI, M.D.**

**Colonoscopy Prep: Golytely (Colyte) Split-Dose Prep**

**You Will Need:**

Golytely (Colyte) bowel prep (from the pharmacy—prescription needed), four (4) Dulcolax tablets

**To Do the Day Before the Examination**

Drink only **clear liquids** for breakfast, lunch, and dinner. **Solid foods, milk, and milk products are not allowed.** Clear liquids include the following, as long as they are not red or purple:

Strained fruit juices without pulp (apple, white grape, lemonade), water, clear broth or bouillon, coffee or tea (no milk or creamer), Gatorade, carbonated or non-carbonated drinks, Kool-Aid or other flavored drinks, plain Jell-O, and popsicles. Coke and Pepsi are okay.

**Mix Golytely (Colyte) in one gallon of tap water as per instructions until the powder is completely dissolved. Refrigerate the solution.**

**DULCOLAX TABLETS:** Take 4 Dulcolax tablets between 5:00 and 6:00 p.m.

**First Dose of Golytely (Colyte) (approximately half gallon):** Start between 6:00 and 7:00 p.m.

- Drink approximately 8 oz. every 10-15 minutes until the solution is finished.

**To Do Five Hours Before the Procedure**

**Second Dose of Golytely (Colyte) (remaining half gallon):** Start 5 hours before your scheduled procedure time.

- Drink approximately 8 oz. every 10-15 minutes until the solution is finished.
- Finish at least 3 hours before the scheduled procedure time.

**Notes:**

- **You may need to set your alarm to wake up 5 hours before your procedure time to take the second dose of Miralax prep.**
- **You can take clear liquids until 3 hours before your procedure.**
- Arrive for the colonoscopy at the scheduled arrival time with a person who can drive you home.
- If you cannot tolerate the bowel prep or have any questions, please do not hesitate to contact Dr. Yakhmi at (317) 415-9277
- **Do not take the prep if you believe you may be pregnant.**