

**DR. WYKES INSTRUCTION SHEET  
COLONOSCOPY  
GOLYTELY BOWEL PREP**

1. Obtain GoLyteley from your pharmacy. This bottle is to be mixed with 4 litres of tap water.
2. Stop solid diet 1 full day before your colonoscopy. Stay on clear fluids for the **entire** day.
3. **Clear fluids are defined as anything you can see through.** (e.g. tea, soup broth, Jell-O, apple juice) It is important that you take **no solid food** throughout the day. Avoid red and green fluids and Jell-O as these can mimic blood in the colon the day before the procedure.
4. Take half of the bowel prep in the afternoon or evening before your procedure. Ideally, the second half of the prep should be taken 4 – 6 hours before the colonoscopy is scheduled.

**SEE TABLE BELOW FOR IMPORTANT PREP INFORMATION**

5. Ensure you drink plenty of clear fluids in addition to the bowel prep. This will help flush the colon and prevent dehydration.
6. You may have clear fluids up to 2 hours before your scheduled arrival time.
7. It is **very important** that you drink all of the GoLyteley and that you drink lots of clear fluids throughout the day before your colonoscopy. **Failure to do either of these may lead to cancellation of your procedure.**
8. The hospital will call you to confirm your procedure date.  
To leave a message, please call the Pre-Op Clinic at (807) 468-9861 extension 2459.

Thank you,  
Dr. B. Wykes

**Scheduled Arrival Time 7:00 a.m.**

Day before procedure:

1. Stop solid food for entire day before procedure.
2. Drink clear fluids only for the **entire** day. (no red or green)
3. Start first prep in the **afternoon/early evening.**

Day of procedure:

1. Start second prep at **3:00 a.m.**
2. Stop drinking clear fluids at **5:00 a.m.**

**Scheduled Arrival Time 10:00 a.m.**

Day before procedure:

1. Stop solid food for entire day before procedure.
2. Drink clear fluids only for the **entire** day. (no red or green)
3. Start first prep around 6 p.m./early evening.

Day of procedure:

1. Start second prep at **6:00 a.m.**
2. Stop drinking clear fluids at **8:00 a.m.**