

Lake of the Woods District Hospital
SURGICAL SERVICES

INSTRUCTION SHEET
COLONOSCOPY
GOLYTELY BOWEL PREP

1. Obtain GoLyteley from the pharmacy. This bottle is to be mixed with 4 litres of tap water.
2. Stop solid diet 2 days before your colonoscopy. Stay on clear fluids for the whole 2 days. **Clear fluids are defined as anything you can see through.** (e.g.: tea, soup broth, Jell-O and apple juice)
It is important that you take no solid food for 2 days.
3. At noon, 2 days before your colonoscopy, start drinking half ($\frac{1}{2}$) of the bottle of GoLyteley. If you vomit or feel nauseated, hold off for 2 hours before you resume taking the GoLyteley. You absolutely need to drink all of the mixture. Continue the clear fluids after finishing the GoLyteley prep.
4. On the second day, drink the other half of the bottle of GoLyteley. Continue with clear fluids after finishing the GoLyteley.
5. NOTHING to drink after midnight.

It is imperative that you finish all of the GoLyteley and that you take lots of clear fluids throughout the day(s) before your colonoscopy. Failure to do either of these may lead to cancellation of your procedure.

**The hospital will telephone you to confirm your procedure date.
To leave a message, please call the Pre-Op Clinic at the hospital at (807)468-9861 extension 2459.**

Thank you,

Dr. H. Hristov
Dr. S. Ghazali