

Golytely Prep FOR COLONOSCOPY

Dr. Steve Gutnik

The day before your procedure start a clear liquid diet beginning with breakfast. Clear liquids include: chicken or beef broth, coffee, tea, water, soft drinks, sports drinks and Kool-Aid (lemonade, orange, lime), popsicles, Italian ice, strained fruit juices (white grape, white cranberry, orange, lemonade, apple), Jell-O (lemon, lime or orange), and hard candies.

**DO NOT eat or drink anything RED or
have ANY solid food, milk or milk products.**

Mix the Golytely crystals with a gallon of water. It can be chilled. At 3:00PM, start drinking the Golytely. Drink a glass every 15 to 20 minutes until gone. You may have clear liquids until midnight.

DO NOT eat or drink after midnight.

**You will be sedated for this procedure and
will need someone to drive you home.**

**If you have any questions please call
Donna or Cindi at 605-665-1722.**

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