



## Extended Prep

First mix the GoLYTELY powder with lukewarm water to the 4-liter line and shake well, then refrigerate the solution.

### Two Days Prior to Colonoscopy Exam

**Take 2 Dulcolax tablets at approximately noon**

**Take 1 10 oz bottle of Magnesium Citrate (chilled) at 4 P.M.**

**Take 2 additional Dulcolax tablets at 8 P.M.**

### Day Prior to Colonoscopy Exam

At approximately 4 P.M., start drinking 8 ounces of the chilled liquid every 15–20 minutes until you complete one half of the solution.

### Day of Colonoscopy

At least 5 hours before the arrival time for your procedure drink the other one-half of the Golytely mixture. You must be finished within 3 hours of the procedure.

Examples:

Appt at 7:00 a.m. take second dose of Golytely mix at 2:00 a.m. Finish within 3 hours of procedure

Appt at 8:00 a.m. take second dose of Golytely mix at 3:00 a.m. Finish within 3 hours of procedure

Appt at 9:00 a.m. take second dose of Golytely mix at 4:00 a.m. Finish within 3 hours of procedure

Appt at 10:00 a.m. take second dose of Golytely mix at 5:00 a.m. Finish within 3 hours of procedure

Appt at 11:00 a.m. take second dose of Golytely mix at 6:00 a.m. Finish within 3 hours of procedure

Appt at 1:00 p.m. take second dose of Golytely mix at 8:00 a.m. Finish within 3 hours of procedure

- Do Not Drink Anything By Mouth 3 Hours Before The Arrival Time For Your Procedure.

- You may take your heart, blood pressure, anxiety, and asthma/lung medications (less than 3 ounces of water) no more than 2 hours the morning of your procedure. Bring inhalers with you.