



1 Day Prior begin a clear liquid diet **ALL DAY**

STOP EATING SOLID FOODS

Drink at least 8 glasses of water during the day to avoid dehydration (refer to previous page to check which liquids and drinks are allowed on a clear liquid diet).

At 5:00 p.m. drink one 8 oz. glass of the GoLYTELY every 15 minutes until 2 liters (64 oz.) of the solution is gone (halfway).

Day of your colonoscopy:

Drink the final 2 liters (64oz.) of prep solution at _____ a.m. drink one 8 oz. glass of the GoLYTELY every 15 minutes until 2 liters (64 oz.) of the prep **COMPLETELY FINISHED.**

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