

GOLYTELY PREP instructions: Please buy from pharmacy atleast 5 days prior to your procedure date.

A prescription will need be sent to your pharmacy from Dr Tandon's office few days prior to your procedure (please ensure we have your updated pharmacy info), Unless enclosed in package.

Please pick **GOLYTLEY** (may substitute eg. Colyte, Nulytely or Gavilyte) 1 gallon bottle and **Simethicone** anti-gas pills x 4 (over-counter brands such as Gas-X, Mylanta gas or Maalox anti-gas are OK)

Please mix the **Golytely** (solution or powder) with 1 gallon of water, and refrigerate for better tolerance.

DAY prior to procedure:

Please take a **CLEAR LIQUID** diet only (**NO SOLID FOODS**) the **ENTIRE** day for breakfast, lunch and dinner. You may take liquids such as water, apple/grape juice, sprite/ginger ale, clear broth with NO solid particles, jello/popsicles, black tea or coffee. Avoid red color foods, and avoid milk/cream

Avoid Alcohol, marijuana or any illicit substance abuse.

Take 2/3rd gallon of Golytley starting around 5 pm, drink one glass every 10-15 mins appx and try to finish the prep over 2-3 hours. Take 2 Simethicone gas pills at 9 pm and 2 Simethicone gas pills at 10 pm.

DAY OF PROCEDURE:

Take 1/3rd gallon of Golytley prep remaining **starting 6 hours prior** to scheduled procedure time.

Please take additional 3 large glasses of water (8-10 oz) of CLEAR liquids post Golytely prep.

You will need finish the prep and STOP drinking any fluids 3 hours prior to your scheduled procedure time. Please avoid hard candy, gum or mints also. * NOTHING by mouth 3 hours prior to procedure *

If you need to take your allowed medications, such as heart meds or blood pressure meds, you can take these post finishing the prep with water 3 hours prior to procedure time.

Office of Manish Tandon, MD

Phone 617-562-0500

Website for info: Manishtandonmd.com