Colonoscopy Prep Schedule with GoLYTELY

This handout explains how to get ready for your procedure. It includes instructions for your diet, medications, bowel prep, and safe ride home.

Get Ready

Please read all the instructions in this packet **at least 2 weeks before** your procedure. You **must** follow all instructions. If you do not, your procedure may need to be rescheduled.

Transportation

Make a plan for transportation to the clinic and back home on the day of your procedure.

- **Your procedure may be canceled if you arrive without a responsible adult who can take you home.**
- A responsible adult **must** pick you up when you are ready to go home. After your procedure you **cannot** drive, take a bus or taxi, or use a service such as Hopelink or Paratransit by yourself. You may only use these services if a responsible adult is with you.
- Your ride must be able to pick you up 10–15 minutes after we call them. We highly recommend your driver stays at the clinic to make sure you are picked up on time.
- We strongly recommend that a responsible adult stay with you for the rest of the day.

What to Bring to Your Appointment

- Your photo ID and insurance card.
- Leave all valuables at home or give them to a family member or friend to keep safe.

Medication Instructions

- Pick up your preparation medication prescription at the pharmacy where it was sent.
- **Iron or multivitamin with iron:** Stop taking 5 days before your procedure.
- **GLP-1 medications:**
  - **Injectable GLP-1 medications:** Do not take for 1 week (7 days) before your procedure.
  - **Oral GLP-1 medications:** Do not take your dose on the day of your procedure. You may take it after your procedure is complete.
- **Blood-thinning or anti-platelet medications:** Call the provider who prescribed the medicine at least 7 days before your procedure. Tell them you are having a procedure so they can give you instructions about when to stop taking it.
- **Diabetes medications:** Call the provider who prescribed the medicine. Tell them you are having a procedure so they can give you instructions about changing your dose.
- If you take other medicines not listed above, continue taking them as prescribed. Take them at least 1 hour before or 1 hour after drinking your prep.

If you take any prescription or over-the-counter medications, including the ones listed previously, read the handout *"Preparing for Your Gastrointestinal Procedure"* for more information and safety instructions.

Rescheduling or Cancelling Your Appointment

If you need to reschedule or cancel your procedure, please call 206.597.4244 as soon as possible.

- If you need to cancel, please call us **at least 7 business days** before your appointment. This gives us time to reschedule your appointment and offer your time slot to another patient.
- If you are not rescheduling your procedure right away or plan to wait before rescheduling, please tell the provider who referred you.

Colonoscopy Prep Schedule

7 Days Before Your Procedure

Medications

Diabetes medications and blood-thinning or anti-platelet medications:

- You should already have a medication plan from your prescribing provider. If you do not have a plan, please contact them today.

Take all your other medications as prescribed.

Bowel Prep

- Fill & pick up your prescription for **GoLYTELY** and **Zofran** (ondansetron) from your pharmacy. Your Zofran prescription will be for two 4 mg tablets.
- Buy simethicone pills or chewable tablets (Gas-X, Anti-Gas, and Equate Gas Relief). You can buy these at any store without a prescription (over the counter).

5 Days Before Your Procedure

Medications

- **Stop** taking iron or any multivitamin with iron.
- **Stop** fish oil and fiber supplements. Do **not** use mineral oil enemas.

Eating and Drinking

- Begin a low-fiber diet. You can eat foods that are easy to digest, such as: white rice, plain pasta, eggs, lean meat (like chicken or turkey), etc.
- **Stop** eating foods with nuts, seeds, beans, corn, and peas.

1 Day Before Your Procedure

Medications

- **Diabetes, blood-thinning, or anti-platelet medications:** Follow your medication plan from your prescribing provider.
- Take all your usual medications as prescribed, 1 hour before **or** 1 hour after taking your bowel prep.

Eating and Drinking

- **Starting 24 hours before your check-in time:** Do **not** eat any solid foods. You can only have clear liquids such as apple juice, store-bought broth, black coffee or tea (**no** creamer), sports drinks, soda, protein drinks (needs to be **CLEAR** protein), or gelatin (green or yellow only).
- Drink at least 4–8 cups extra of clear liquids throughout the day.

Bowel Prep

- **In the morning:** Prepare the GoLYTELY solution by adding water to the container and mixing it to dissolve. Store in the refrigerator.
- **At 7 pm:** Drink 3 liters of GoLYTELY (3/4 of the container) within 3 hours. (It should cause diarrhea.)
- **DO NOT** take any medications by mouth 1 hour before or 1 hour after drinking the prep.
- Store the rest of the GoLYTELY in the refrigerator.

If you feel nauseated at any time during the prep, take 1 tablet of Zofran (ondansetron) and wait 30 minutes. Slow down how quickly you are drinking.

Procedure Day

Medications

- **GLP-1 medications:**
  - **Injectable GLP-1 medications:** Do not take for 1 week (7 days) before your procedure.
  - **Oral GLP-1 medications:** Do not take your dose on the day of your procedure. You may take it after your procedure is complete.
- **Diabetes, blood-thinning, or anti-platelet medications:** Follow your medication plan from your prescribing provider.
- Take all your usual medications as prescribed, 1 hour before **or** 1 hour after taking your bowel prep.

Eating and Drinking

- **Do not eat any solid foods** until after your procedure.
- Keep drinking clear liquids until **3 hours before** your procedure check-in time.
- **3 hours before your check-in time: Stop** taking anything by mouth (including clear liquids).

Bowel Prep

6 hours before your procedure check-in time:

- Take 2 pills (or chewable tablets) of simethicone before beginning the rest of the prep.
- Start drinking the rest of the GoLYTELY within 1 hour. Drink 8 ounces every 15 minutes.
- After finishing the GoLYTELY, drink at least 16 ounces of clear liquids.
- If you feel nauseated at any time during the prep, take 1 tablet of Zofran and wait 30 minutes. Slow down how quickly you are drinking.
- Please complete the prep at least 4 hours before your procedure check-in time.

Your stool should be clear and yellow. This chart will help you judge your progress:



Read the handout ***Preparing for Your Gastrointestinal Procedure: Frequently Asked Questions*** for more information about low-fiber foods, clear-liquid diet, medications, and other preparation questions.

Locations and Parking

Harborview Medical Center - 206.744.3519

GI Endoscopy Suite

Maleng Building, 8th Floor, 325 9th Ave, Seattle, WA 98104

From the parking garage, go to the lobby. Go outside and enter through the ER doors. After security, take the East Hospital elevators to the 8th floor. Cross the skybridge to the Maleng Building and check in at the front desk.

UW Medical Center - 206.598.4377

Digestive Health Center

Surgery Pavilion, 3rd Floor, 1959 NE Pacific St, Seattle, WA 98195

From NE Pacific St, follow the signs to the ER. At the stop sign, turn left into the Surgery Pavilion Parking Garage. Take the elevator to the 3rd floor. The Digestive Health Center will be on your right.

Northwest Hospital - 206.668.1770

1550 N 115th St, Seattle, WA 98133

Check-in/pickup for the Endoscopy Procedure Suite is on the 1st floor of the main hospital, across from the coffee shop.

OPMC Endoscopy Center - 206.668.8400

10330 Meridian Ave N, Ste. 350, Seattle, WA 98133

From Northgate Way, turn south on Meridian Ave N. The center will be on your left. The main entrance is in the lower parking lot.

Eastside Specialty Center - 425.646.7777

3100 Northup Way, Bellevue, WA 98004

Free parking is available on site.

Fred Hutch Cancer Center - 206.606.5342

Sloan Clinic 2, 5th Floor

820 Yale Ave N, Seattle, WA 98109

© University of Washington Medical Center
Document ID: PE0283
Published PFES: 2026
Clinician Review: 11/2026
Reprints on Health Online: healthonline.washington.edu