MNGI
DIGESTIVE HEALTH

Colonoscopy with GoLYTELY Double Prep

Colonoscopy Preparation Timeline

Check boxes ☐ as you progress!

21 Days Before or ASAP: *Purchase/ Pick up items for Golytely Double Prep*

Pick up prescription and other items at your local pharmacy:

- ☐ GoLYTELY or generic equivalent prescription (Ex. NuLYTELY, CoLyte, TriLyte)
- ☐ One (1) 8.3 oz bottle of Polyethylene Glycol (PEG) 3350 powder (MiraLAX or generic equivalent)
  - ☐ Please call our office at **(612) 871-1145** if you did not receive a prescription.

You will also need:

- ☐ 64oz Gatorade or approved electrolyte beverage (**NO** red coloring)

Medication Adjustments: If taking **GLP-1 agonists** (Ozempic, Weygovy, Trulicity, Rybelsus, or others) or **SGLT-2 inhibitors** (Invokana, Farxiga, Jardiance, Steglatro) follow specific holding guidelines. https://www.mngi.com/colonoscopy-info

7 Days Before:

- ☐ **STOP** taking fiber and iron supplements.
- ☐ If you have diabetes, contact your monitoring provider for further direction on insulin and/or blood sugar management.

3 Days Before:

- ☐ Begin low-fiber diet (10-15g/day.) **AVOID** seeds, nuts, popcorn, corn, whole grains, quinoa, fresh fruit, raw vegetables, etc.
- ☐ **STOP** eating solid foods at **11:45PM**
- ☐ **BEGIN** clear liquid diet (only liquids you can see through - no red).

For additional details on following a low fiber diet, please visit www.mngi.com/conditions/low-fiber-diet



© 7/2026

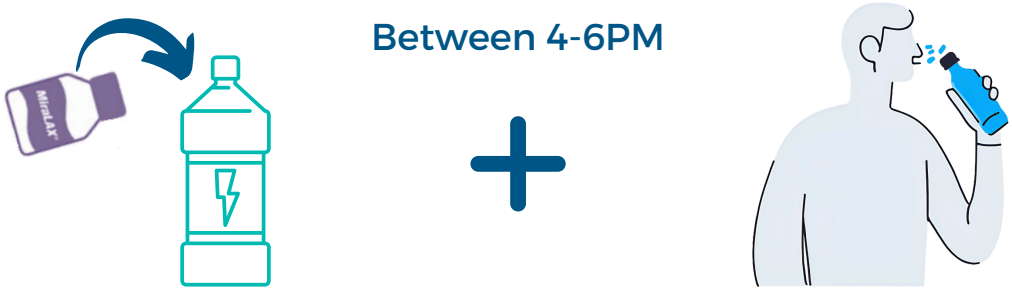
MNGI
DIGESTIVE HEALTH

2 Days Before:

- ☐ No solid food - **ALL DAY.** Clear liquids **ONLY**
- ☐ Stay well-hydrated.

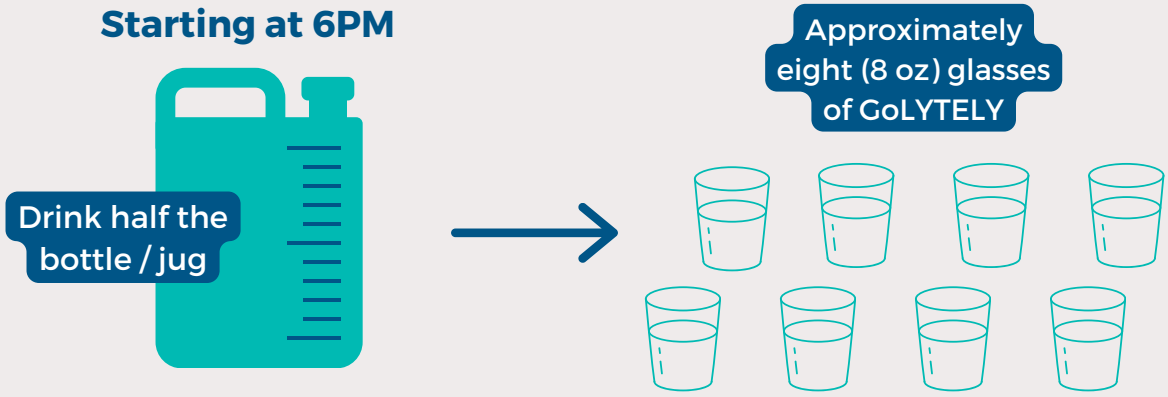
For additional details on following a clear liquid diet, please visit https://www.mngi.com/conditions/clear-liquid-diet

- ☐ Between **4-6PM**, drink MiraLAX-Gatorade preparation.
  - ☐ Mix 1 bottle of MiraLAX with 64oz of liquid (a minimum of 56oz of electrolyte beverage should be used to mix MiraLAX).
    - Up to 8oz of water can be added to achieve the desired 64oz.



1 Day Before:

- ☐ **NO SOLID FOOD** - **ALL DAY.** Clear liquids **ONLY**
- ☐ **DO NOT HAVE:** dairy (including coffee creamer), alcohol, oils, or pulp
- ☐ At **6PM**, drink one 8-ounce glass of GoLYTELY every 15 minutes until you have finished half of the bottle (about eight 8oz glasses)
- ☐ Over the course of the evening, **drink an *additional* 1/2 liter of clear liquids**.



Continue clear liquid diet ONLY

NEXT PAGE

© 7/2026

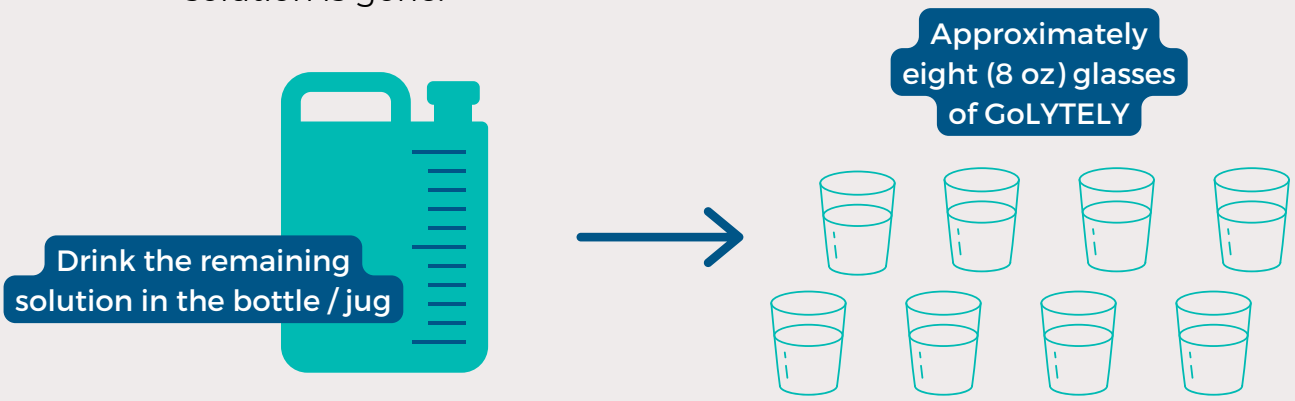
MNGI
DIGESTIVE HEALTH

Day of Procedure:

- ☐ **NO SOLID FOOD**. Clear liquids **ONLY**
- ☐ **DO NOT HAVE:** dairy (including coffee creamer), alcohol, oils, or pulp
- ☐ **DO NOT USE:** chewing tobacco, THC, marijuana, or illicit drugs.
- ☐ **DO NOT TAKE:** any chewable vitamins or supplements.
- ☐ Take your morning medications with sips of water **at least 3 hours prior** to your procedure.
  - This includes heart and blood pressure medications, blood thinners (if you have not been told to stop these by our office), methadone, and anti-seizure medications.

6 Hours Before:

- ☐ Drink one 8oz glass of GoLYTELY solution every 15 minutes until the remaining solution is gone.



3 Hours Before:

- ☐ **STOP** consuming all liquids. **NOTHING BY MOUTH** until after the colonoscopy.

Ensure stool is clear/yellow/tea colored liquid **ONLY** before your appointment. If uncertain, contact our office at 612-871-1145.

© 7/2026

MNGI
DIGESTIVE HEALTH

Additional Information:

- **Colon Cleansing Tips:** Stay well hydrated, remain near a toilet, and continue drinking the prep solution every 15 minutes. You may want to keep the solution chilled, but do not add ice. You may also consider using a straw.
- **Appointment Changes:** If you are having symptoms of a cold or flu (such as fever, cough, shortness of breath) within 14 days of your appointment, please call to reschedule. If you have any newly diagnosed medical conditions (like diverticulitis, heart problems, or breathing problems), please call our office. If you need to cancel or reschedule for any other reason, call 612-871-1145 at least 72 hours prior to your appointment.
- **Responsible Person Requirement:** Ensure you have a companion with you for check-in, discharge, and transportation.
- **How will I know I'm ready?** When you are finished with your prep, you should not have any solid stool - stool should be clear/yellow/tea colored liquid. You should be able to see to the bottom of the toilet bowl. If you are unsure whether your colon is cleaned out, please call our office at 612-871-1145 before you leave for your appointment.
- **Questions?** For answers to frequently asked questions about your colonoscopy prep and visit, you can go to **https://www.mngi.com/colonoscopy-faqs**

© 7/2026