

Golytely Bowel Prep

Please read directions carefully as inadequate preparation could result in repeat procedures, reduced ability to detect polyps or possibly having to reschedule your procedure.

THE DAY BEFORE YOUR PROCEDURE:

DRINK ONLY CLEAR LIQUIDS ALL DAY. NO SOLID FOOD.

It is important to prepare your body with plenty of clear liquids before the prep. The explanation of a clear liquid diet is anything you can see through if held up to a light.

The following clear liquids are approved for you to drink in preparation for your upcoming procedure:

- Water, black coffee or tea (*no cream or artificial cream*)
- Strained fruit juices WITHOUT pulp (for example: apple, white grape)
- Clear broth or bouillon (for example: chicken or beef or vegetable broth)
- Carbonated or noncarbonated CLEAR soft drinks (for example: Sprite, ginger ale)
- Gatorade, Kool-Aid or lemonade with no pulp (**NO RED, BLUE OR PURPLE**)
- Plain Jell-O (without fruit or toppings) (**NO RED, BLUE OR PURPLE**)
- Popsicles (**NO RED, BLUE OR PURPLE**)
- **NO DAIRY PRODUCTS**

START THE PROCESS BELOW AT 6:00 PM:

1. Mix the bowel prep solution according to the directions on the container and refrigerate.
2. **At 6:00 PM:** Start drinking the prep solution, one 8 ounce glass every 10 minutes until half of the container is gone. Put the remainder of the prep solution in the refrigerator until morning.
3. Continue with clear liquids until midnight.

DO NOT have anything by mouth after midnight EXCEPT the 2nd dose of prep solution.

THE DAY OF YOUR PROCEDURE:

- **At 4:00 AM:** Start drinking the remaining prep solution, one 8 ounce glass every 10 minutes until you finish the bottle. You must finish drinking your prep at least 4 hours before your procedure time.

Note: Individual responses to laxatives vary. This prep should cause multiple bowel movements. It often works within 30 minutes but may take up to 3 hours. Please remain within easy reach of a toilet.

If you are diabetic, you may need to adjust your medications when undergoing the above preparations. Please contact the doctor who has prescribed your diabetic medication and ask if adjustments are needed.

*If you have questions prior to your procedure, please call
Erlanger Gastroenterology at 423-778-4830.*