








# 2-Day GoLYTELY Bowel Preparation

When	What to do before your procedure
 <b>5 days before your procedure</b>	<ul style="list-style-type: none"> <li>Pick up the prescription for 2 containers of GoLYTELY from your pharmacy. GoLYTELY is powder inside a large container.</li> <li>Do not eat nuts, seeds, whole wheat bread, beans, corn, raw fruits and vegetables with seeds or skin for 5 days before your procedure.</li> </ul>
 <b>2 days before your procedure</b>	<ul style="list-style-type: none"> <li><b>Do not eat any solid food.</b></li> <li>If you have heart failure or kidney disease, follow your provider's instructions for your daily fluid amount.</li> <li><b>Only drink clear liquids, nothing red or purple. No alcohol.</b> <ul style="list-style-type: none"> <li>– water</li> <li>– apple juice</li> <li>– ginger ale</li> <li>– black coffee/tea</li> <li>– Gatorade</li> <li>– Sprite, Sierra Mist</li> </ul> </li> <li>You may have these items until midnight, <b>only if they are clear</b> without any added food: <ul style="list-style-type: none"> <li>– broth</li> <li>– water-based popsicles</li> <li>– JELL-O</li> </ul> </li> <li>No dairy, coffee creamer, alternative dairy products such as oat milk, juice with pulp, chewing gum or candy.</li> </ul>
	<p>You may prepare and refrigerate GoLYTELY a few hours in advance.</p> <p><b>Step 1:</b> Add clear liquids up to the fill line on the container.</p> <p><b>Step 2:</b> Mix well to dissolve the powder.</p> <p><b>Step 3:</b> Drink 1 glass of GoLYTELY every 15 minutes until the entire container is empty.</p>
 <b>1 day before your procedure</b>	<ul style="list-style-type: none"> <li><b>Do not eat any solid food.</b></li> <li><b>Only drink clear liquids, nothing red or purple. No alcohol.</b></li> </ul> <p>Repeat steps 1-2 and refrigerate 1 container of GoLYTELY a few hours in advance.</p>
	<p>Drink 1 glass of GoLYTELY every 15 minutes until <b>only half</b> of the container is left. Put the container back into the refrigerator.</p>
<b>After midnight</b>	<ul style="list-style-type: none"> <li><b>Stop eating any broth, popsicles, or JELL-O.</b></li> </ul>
 <b>6 hours before your procedure</b>	<ul style="list-style-type: none"> <li><b>Drink 1 glass of GoLYTELY every 15 minutes until the entire container is empty.</b></li> <li>Do not eat any solid food, broth, popsicles, or JELL-O.</li> <li>Stool must be a clear, yellow-colored liquid (similar to apple juice) and without any solid material for your procedure.</li> <li>Take your approved medications with a small sip of water at least 3 hours before your procedure, unless otherwise directed by your provider.</li> <li>If you take diabetic medications, follow instructions given by your provider.</li> </ul>
 <b>3 hours before your procedure</b>	<ul style="list-style-type: none"> <li><b>Stop drinking any liquids.</b></li> </ul>

If you eat any solid food on the day of your procedure, your procedure may be canceled.

**If you have any questions, please contact the clinic.**