



2-Day GoLYTELY Bowel Preparation

Planning for your Procedure

| When | What to do |
|---|--|
| 5 days before your procedure | <ul style="list-style-type: none"> • Pick up the prescription for 2 containers of GoLYTELY from your pharmacy. GoLYTELY is powder inside a large container. • Do not eat nuts, seeds, whole wheat bread, beans, corn, raw fruits and vegetables with seeds or skin for 5 days before your procedure. |
| 2 days before your procedure | <ul style="list-style-type: none"> • Do not eat any solid food. • Only drink clear liquids, nothing red or purple. No alcohol. • Clear liquids include: <ul style="list-style-type: none"> – water – apple juice – Jell-O – ginger ale – Gatorade – popsicles – Sprite, Sierra Mist – lemonade – broth <p>Prepare and refrigerate 1 container of GoLYTELY a few hours in advance.</p> <p>Step 1: Add clear liquids up to the fill line on the container.</p> <p>Step 2: Mix well to dissolve the powder.</p> <p>Step 3: Put the container in the refrigerator.</p> |
|  | <p>Drink 1 glass of GoLYTELY every 15 minutes until the entire container is empty.</p> |
| 1 day before your procedure | <ul style="list-style-type: none"> • Do not eat any solid food. • Only drink clear liquids, nothing red or purple. No alcohol. <p>Repeat steps 1-3 to prepare and refrigerate 1 container of GoLYTELY a few hours in advance.</p> |
|  | <p>Drink 1 glass of GoLYTELY every 15 minutes until only half of the container is left. Put the container back into the refrigerator.</p> |
| 6 hours before your procedure | <ul style="list-style-type: none"> • Drink 1 glass of GoLYTELY every 15 minutes until the entire container is empty. • Stool must be clear, liquid and without any solid material for your procedure. • Take your approved medications with a small sip of water at least 2 hours before your procedure, unless otherwise directed by your provider. • If you take diabetic medications, follow instructions given by your provider. |
| 2 hours before your procedure | <ul style="list-style-type: none"> • Stop drinking any liquids. |

If you have any questions, please call us at (312) 942-5861.