# GoLYTELY Bowel Preparation

## Planning for your Procedure

<table>
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<th>When</th>
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| **5 days before your procedure** | • Pick up the prescription for 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. |
| **1 day before your procedure** | • Do not eat any solid food.  
• **Only drink clear liquids, nothing red or purple. No alcohol.**  
• Clear liquids include:  
  – water  
  – apple juice  
  – Jell-O  
  – ginger ale  
  – Gatorade  
  – popsicles  
  – Sprite, Sierra Mist  
  – lemonade  
  – broth  
GoLYTELY may taste better if it is cold. Prepare and refrigerate GoLYTELY a few hours in advance.  
Step 1: Add clear liquids up to the fill line on the container.  
Step 2: Mix well to dissolve the powder.  
Step 3: Put the container in the refrigerator.  
• Drink 1 glass of GoLYTELY every 15 minutes until only half of the container is left. Put the container back into the refrigerator.  
• Stool must be clear, liquid and without any solid material for your procedure. |
| **6 hours before your procedure** | • **Drink 1 glass of GoLYTELY every 15 minutes until the entire container is empty.**  
• 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** | • Stop drinking any liquids. |

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