






GoLYTELY Bowel Preparation

When	What to do before your procedure
 5 days before your procedure	<ul style="list-style-type: none">• 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	<ul style="list-style-type: none">• Do not eat any solid food.• If you have heart failure or kidney disease, follow your provider’s instructions for your daily fluid amount.• Only drink clear liquids, nothing red or purple. No alcohol.<ul style="list-style-type: none">– water– apple juice– ginger ale– black coffee/tea– Gatorade– Sprite, Sierra Mist• You may have these items until midnight, only if they are clear without any added food:<ul style="list-style-type: none">– broth– water-based popsicles– JELL-O• No dairy, coffee creamer, alternative dairy products such as oat milk, juice with pulp, chewing gum or candy.
	<p>You may prepare and refrigerate 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: Drink 1 glass of GoLYTELY every 15 minutes until only half of the container is left.</p> <p>Step 4: Put the container into the refrigerator.</p>
After midnight	<ul style="list-style-type: none">• Stop eating any broth, popsicles, or JELL-O.
 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.• Do not eat any solid food, broth, popsicles, or JELL-O.• Stool must be a clear, yellow-colored liquid (similar to apple juice) and without any solid material for your procedure.• Take your approved medications with a small sip of water at least 3 hours before your procedure, unless otherwise directed by your provider.• If you take diabetic medications, follow instructions given by your provider.
 3 hours before your procedure	<ul style="list-style-type: none">• Stop drinking any liquids.

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.