



SURGICAL ASSOCIATES

Patient Education

GoLYTELY One Day Bowel Prep

Complete this prep the day *before* procedure — Date: _____

NO SOLID FOOD TODAY - CLEAR LIQUIDS ONLY (see back for list).

Mix a 4-liter jug of GoLYTELY. You may mix this the night before the prep to have it chilled, which may make it easier to consume.

- Fill the supplied container containing the GoLYTELY powder with lukewarm drinking water to the 4-liter fill line.
- Do not add any other ingredients, flavors, etc.
- After capping the container, shake vigorously several times to ensure that the ingredients are dissolved.
- Keep solution refrigerated (36° to 46°F). Do not freeze. Use within 48 hours, and discard unused portion.
- Do not take other laxatives while taking GoLYTELY.
- **Do not take oral medications within one (1) hour before the start or during the administration of GoLYTELY.**

9:00 a.m. Drink at least 12 ounces of clear liquids.

10:00 a.m. Drink at least 12 ounces of clear liquids.

11:00 a.m. Drink at least 12 ounces of clear liquids.

NOON Drink the GoLYTELY mixture at a rate of eight (8) ounces every ten (10) minutes until the entire contents are consumed. You should have a loose watery bowel movement in approximately one hour. If you are feeling sick while drinking the mixture, take a break for an hour and drink some 7-Up or ginger ale, then resume.

Note: Please stay home once you have started your prep. Using moist towelettes or wipes may help to minimize discomfort during the colonoscopy prep.

Your stool should eventually appear like yellow-green liquid (like Mountain Dew), and you should be able to see through to the bottom of the toilet. There may be some flecks of mucous streaks on the bottom, which is normal.

If your stool is **not** see through the morning of your procedure, please contact the procedure center at **715-843-1019** as they may have you come in a little earlier that day.



You may drink clear liquids until midnight including:

- Water and mineral water
- Any fruit juices without pulp (i.e. apple juice)
- Jell-O
- Diet or regular soda
- Diet or regular Kool-Aid
- Gatorade, Powerade or Propel
- Popsicles
- Clear broth or bouillon
- Coffee or tea without cream

You may take your medications with a sip of water the day before your procedure.

Consult your physician about taking medications the day of the procedure.

If you are **diabetic** and are concerned about your blood sugars, you may take Boost or Ensure (without fiber) the day before the exam (up to a maximum of three cans/containers).

Day of procedure / Date: _____ **Arrival time:** _____

Due to the sedative medications that are given to you during your procedure, **you cannot drive home**, and you should have someone stay with you at home after your procedure for your safety.

If the physician removes polyps or takes biopsies, do not take Aspirin, Aleve, Ibuprofen fish oil or Vitamin E for one week after your procedure.

The physician will talk to you after your procedure. Due to the sedative medication, you may not remember talking to him/her.

If you have any questions, call your physician at 715-847-2022.