

## **GoLYTELY Preparation**

You will need a prescription for this preparation.

### **GENERAL INSTRUCTIONS**

Supplies Needed:

- GoLYTELY Prep kit from your pharmacy

### **3 DAYS PRIOR TO PROCEDURE**

Stop eating all nuts, seeds and popcorn.

### **1 DAY PRIOR TO PROCEDURE**

You may only have clear liquids this day. Drink at least 8 glasses of water to avoid dehydration.

5:00 PM – Mix GoLYTELY mixture by adding lukewarm drinking water to the top line on bottle. Cap bottle and shake to dissolve the powder. The mixed solution will be clear and colorless. Keep solution refrigerated.

6:00 PM – Start the prep by drinking one 8 oz. glass of the solution. Drink another glass every 15 minutes for the next 4 hours.

### **DAY OF PROCEDURE**

3 hours before procedure you may take your morning medications with 4 oz of water but **STOP** drinking all liquids after that.

You are ready for the exam if your stool is no longer formed, but clear or yellow liquid.

**CLEAR LIQUID DIET LIST:** Avoid all red and purple liquids.

Soft drinks

Strained fruit juices without pulp

Water, tea, coffee (no milk or creamer)

Chicken or beef bouillon/broth

Hard candies

Popsicles (no sherbet or fruit bars)

Jell-O (no fruit or toppings)