



Golytely Prep

3 Days Before Your Procedure:

- * **Pick up your prescription (Golytely) from your pharmacy.**
 - This prep may come under a different name depending on the manufacturer.
 - Some variations include: NuLyte, Gavilyte, or PEG 3350
- * **Buy Dulcolax laxative (not stool softener) from your pharmacy.**
 - You use only 4 Dulcolax laxative tablets.
 - Generic is ok.
 - No prescription is needed.

2 Days Before Your Procedure:

- * **Avoid nuts, seeds, and salads.**
 - These can make it harder for your doctor to perform an accurate exam.
- * **Add warm tap or room temperature bottled water to the powder in the prescription jug and refrigerate it.**
 - If a flavor packet is provided, it may be used if desired.
 - You may use Crystal Light (without red dye) as another flavoring option.

1 Day Before Your Procedure

- * **Follow a clear liquid diet as soon as you wake up.**
- * Drink lots of clear liquids to keep yourself hydrated!
- * A clear liquid diet includes:
 - water
 - coffee (only if you must; limit intake to 8 oz and must be black, no cream or non-dairy creamer, sugar is OK)
 - tea
 - soda/pop (no red dye)
 - broth
 - white grape juice
 - popsicles (no added fruit and no red dye)
 - Jell-O (no added fruit and no red dye)

****No Red Dye****
**** No Milk Products****
**** No Solid Food****

- * **Swallow 2 of the Dulcolax tablets at about 1p.m.**
- * If you prefer your beverages at room temperature, remove the jug from the refrigerator ½ hr. before you start drinking.

- * **Between 3pm and 5pm, start drinking 8oz. of Golytely every 10 to 30 minutes.**
 - **Save** the last 2 glasses (**about 16 oz.**) for tomorrow morning.
 - You may feel fullness and cramps after starting the laxatives.
 - If you start to feel nauseated, you can drink the mix more slowly.
 - Walking around may help as well.
 - Diarrhea may begin within 2hrs after drinking the mixture.
 - Eventually, the diarrhea should be thin-colored liquid with no pieces.
- * **Swallow the other 2 Dulcolax tablets around 8:00 p.m.** (even if you have not completed the Golytely).

Day of Your Procedure:

- * **Drink the last 2 glasses (about 16 ounces) of the mixture 4-6 hours prior to your scheduled procedure.**
If you have an early morning procedure, this may be very early!
- * Stop drinking all fluids (including clear liquids and water) 4 hours before your procedure.
- * You may have a few sips of water only to take medications.
- * Keep an empty stomach!
- * **Do NOT eat any solid food!**



Please continue blood pressure, cardiac, anticonvulsant, thyroid, and psych medications according to your normal schedule. If you take iron, diabetic medications, blood thinners or diet pills, dosage adjustments are provided for you upon scheduling. Failing to stop these medications as directed before your procedure may result in anesthesia complications and possibly cancellation.

If you are unsure how to take your meds or have questions please contact Huron Gastro 734-434-6262