

Golytely/Colyte Bowel Cleansing Prep

Your procedure is scheduled on: _____, at _____, with Dr. _____ arrival time:
Please pick up your GOLYTELY prep kit from your pharmacy within the next 3-5 days.

One week prior to your procedure do not eat any nuts, dried fruit, fruit or vegetables with seeds, corn, popcorn or raw vegetables.

DAY BEFORE YOUR PROCEDURE:

1. Clear liquid diet for breakfast, lunch and dinner - NO SOLIDS. (Examples: water, clear fruit juices, clear soda, coffee, tea, plain gelatin, clear broth, popsicles and hard candy. (No red, purple or blue).
2. First thing in the morning mix your Golytely/Colyte Powder with 1 Gallon (4 liters) of room temperature water. Shake well and refrigerate all day. You can add 2 scoops of Crystal Light Lemonade to this for taste.
3. 5:00 PM start drinking the cleansing solution. Drink one 8 ounce glass every 10-15 minutes. Rapid drinking of each glass is preferred. Do this until you drink 3/4 of the bottle. Place the rest of the bottle back in the refrigerator.
4. Drink at least 4 - eight ounce glasses of water in addition to your prep, you may also drink clear beverages/juices.

DAY OF PROCEDURE:

1. Take all morning medication 30 minutes prior to starting your prep. Remember: NO SOLID FOODS.
2. Five hours prior to leaving your home, start drinking the cleansing solution. Drink one 8 ounce glass every 10-15 minutes. Continue until you have finished the solution.
3. Drink at least two - 8 ounce glasses of water in addition to your prep, you may also drink clear beverages/juices. (No cola, tea or coffee).
4. Stop drinking all liquids at least 2 hours prior to leaving your home.

* If you have difficulty with your evening or early morning prep, please visit our website gastrocentralva.com and look at the Frequently Asked Questions (FAQ). If you still need assistance you can reach our on-call physician by calling the answering service at (434) 845-9516.