



## **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!**

### Examples of Golytely products from pharmacy:



### Examples of products to purchase:



**Please continue blood pressure, cardiac, anticonvulsant, thyroid, neuromuscular and psych medications according to your normal schedule. If you take iron, diabetic medications, blood thinners or weight loss medications- oral or injectables, 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**