



GOLYTELY PREP

Please read all instructions and get familiarized with this prep at least two days before your procedure. For any questions please contact our office to (956) 365-4400.

WE WILL GIVE YOU A PRESCRIPTION WITH:

- 4 Bisacodyl (Dulcolax) tablets
- Golytely- Fill the gallon jug with water and refrigerate it.

Continue “Clear Liquid Diet” for breakfast, lunch and dinner in addition to the prep you will be taking.

Examples: water, apple juice, white grape juice, ginger ale, Gatorade, plain broth, green tea, popsicles and Jello. AVOID RED & PURPLE!

Solid foods, milk or dairy products, coffee, orange juice, and sodas are NOT ALLOWED.

REMEMBER, THE GOAL IS TO DRINK AS MANY CLEAR LIQUIDS AS POSSIBLE.

DAY BEFORE PROCEDURE:

Step #1 2:00 PM Take all 4 Bisacodyl tablets and continue “Clear Liquid Diet.”

Tips before you drink Golytely gallon:

- Flavoring is available at your pharmacy or you may add Crystal Light.
- Refrigerate and drink each cup using a straw to help decrease nausea.
- Walking around may decrease nausea as well.

Step #2 6:00 PM Drink 10 oz. of Golytely every 10 to 15 minutes until you finish 2/3 of the gallon. This should be about eight (8) 10 oz glasses.

MORNING OF PROCEDURE:

Step #3 1:00 AM Drink 10 oz. of Golytely every 10 to 15 minutes until you finish the rest of the gallon.

After this last step you need to remain fasting (nothing by mouth) until your procedure.