

## **Instructions for Bowel Preparation Before Surgery**

### Golytely (Polyethylene Glycol Solution)

1. Buy one gallon (4 liters) of Golytely (flavored or unflavored) at your drug store or pharmacy. Medication can cause nausea and abdominal cramping.
  
2. The day before the procedure:

Take only clear liquids starting at 1 pm; do not eat any solid food, milk, or milk products. Clear liquids include:

- Water
- Fruit juices (apple, white grape)
- Clear broth or bouillon
- Coffee or tea (without milk or cream)
- Gatorade
- Carbonated beverages
- Kool-aide or other flavored drinks
- Plain Jell-O
- Popsicle

Prohibited Items include:

- Solid foods
  - Dairy
  - Alcohol
3. At 4:00 PM, drink an 8 oz. Glass or Golytely every 15 minutes or so. You should finish the container over a 2 or 3 hour period. This prep will cause multiple bowel movements. During this time, you should remain close to bathroom facilities.

Please drink several (4-6) tall glasses of water/fluids up to midnight. You should not drink or eat after midnight. One exception to this is that you may take your normal prescription medication as scheduled with a sip of water.