

GoLytely Prep Instructions

These instructions are for **GoLYTELY bowel preparation**, a prescription solution used prior to colonoscopy. Following these steps carefully is essential for a safe procedure and an accurate exam.

What to Expect

- GoLYTELY works by flushing the colon with a large-volume solution
 - You will have **frequent, watery bowel movements** until stool is clear
 - Bloating, fullness, nausea, or chills are common
 - Plan to stay **close to a bathroom** once you begin
 - This prep is very effective, especially for patients with constipation
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What You Need

- GoLYTELY/NuLYTELY prescription kit** (please fill prescription for prep in advance)
- Clear liquids

 **NO red or purple liquids**

Mixing the Prep

- Mix the GoLYTELY powder with water **up to the fill line on the container**
 - It is okay to add flavoring packets to the solution
 - Avoid red or purple powders
 - Shake well until fully dissolved
 - Chill the solution if desired (often easier to drink cold)
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Prep Timing Instructions

Day Before the Procedure

- 6:00 PM:**
 - Begin drinking GoLYTELY
 - Drink **8 oz every 10–15 minutes** until **half the container (2 liters)** is finished
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Day of the Procedure

- 6 hours before your scheduled procedure time:**
 - Drink the **remaining half of the GoLYTELY solution** using the same pace
 - Stop all liquids 4 hours before your procedure time** (unless instructed otherwise)
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What Is an Adequate Prep?

- **Your stool should be clear, yellow, or light tea-colored liquid**
 - No solid material or dark stool should remain
 - If output is still brown or cloudy, please call the office
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Helpful Tips

- Nausea or vomiting can occur, most commonly with the second (morning) dose
 - If you feel nauseated, slow down, pause briefly, and then restart when able
 - Drinking the prep cold and using a straw may help
 - Walking can reduce bloating and discomfort
 - Use soft toilet paper or barrier cream to prevent irritation
 - Chills are common — use blankets if needed
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When to Call the Office

- Persistent vomiting that prevents completing the prep
- Severe abdominal pain or dizziness
- No bowel movement after the prep
- Questions about medications or timing

Following these instructions closely helps avoid cancellation or repeat procedures and ensures the most accurate exam possible.

