

GOLYTELY BOWEL PREP

You will be on a CLEAR LIQUID DIET the ENTIRE day before your procedure. This includes breakfast, lunch, and dinner. You will need to drink 8 ounces of one of the clear liquids listed below every hour.

CLEAR LIQUID DIET EXAMPLES:

Water	Tea	Coffee (no cream)
7-UP	Coke	Sprite
Pepsi	Mountain Dew	Kool-Aid (no red)
Apple Juice	Cranberry Juice	CranApple Juice
CranBlueberry Juice	CranGrape Juice	CranRaspberry Juice
Grape Juice	Clear Broth	Bouillon

Jell-O & Popsicles (no red and no fruit added)

NO NO DAIRY NO SOLID
ALCOHOL! PRODUCTS! FOODS!

8:00AM (day before procedure): Prepare the GoLyteLy solution and refrigerate.

6:00PM (day before procedure): Start drinking GoLyteLy solution (may pour over ice). Finish entire contents by midnight.

Morning of Procedure: Use 1 Fleets Enema as directed on package (liquid should be totally clear when expelled).

*****NOTHING TO EAT OR DRINK AFTER MIDNIGHT*****

Your stools should be clear yellow, liquid with successful bowel prep. If you have any questions, call the office 812-885-8770.