Golytely

The entire day before your procedure, you will be on a clear liquid diet. Do not eat any solid foods. A list of acceptable liquids is below for your reference. Please stay hydrated all day and drink liquids up until midnight the night before your test. After midnight do not have anything else by mouth, except the second bottle of your prep and its accompanying liquids, until after your procedure has been completed.

- **Allowed Clear Liquids** -

· Water

· Clear broths - beef or chicken

· Light-colored juices such as apple, white grape or cider

· Gatorade, Powerade, Kool-aid and Crystal Light

· Light-colored sodas such as Sprite, ginger ale, lemon-lime (No dark colors such as Coke or Pepsi)

· Tea, with no creamers

· Coffee, with no creamers

· Lemon-lime or orange Jell-O only

· Italian ices, light colors only

· Popsicles, plain and light colors only (No fruit, cream, or other dairy products)

· Salt, pepper, sugar and artificial sweeteners may be used

- **Liquids NOT Allowed** -

· Milk, cream or milkshakes of any kind whether liquid or powdered.

· Non-dairy creamers

· Tomato-based juices

· Anything red, purple or blue

Anything questionable (If you are not sure whether an item is allowed, please opt not to drink it)

**The day before your procedure:**

**At 8 a.m.,** prepare the solution with lukewarm water to dissolve crystals well. You may add a scoop/packet of Country Time Lemonade powder to the prep for flavor.

**At 5 p.m.**, start drinking the prepared solution. **Drink one glass every 15 minutes.** If you begin to feel bloated or nauseated, slow down; take a 30-minute break, then continue. **Keep drinking until you've consumed 3/4 of the solution's total amount (about 12 glasses).**

**The morning of your procedure: (6 hours before procedure)**

**At \_\_\_\_\_\_\_\_\_\_\_ the day of your procedure,** start drinking the last 1/4 of the solution's amount (about 4 glasses). **Drink one glass every 15 minutes** or as tolerated **until you finish the entire amount.** You will continue to have liquid bowel movements until 1-2 hours after completing the solution. While it may be difficult to continue drinking the solution, it is important to consume the entire amount of prep. **Do not have anything else by mouth after finishing this second dose of prep, until after your procedure has been completed.**