



Preparation #2 – Golytely Prep

This must be purchased at the pharmacy with a prescription from your physician.

Two days before your procedure:

You may have a light breakfast.

Begin a clear liquid diet that afternoon. A clear liquid diet consists of fluid which you can see through such as water, juices without pulp, broth without meat or vegetables, Jello (not pudding), Gatorade, Powerade, Crystal Light, all carbonated sodas, hard candy, popsicles, coffee and tea (without any milk, cream or non-dairy cream substitutes.) **IT IS IMPORTANT TO AVOID ANY FLUIDS COLORED RED OR PURPLE.**

The day before your procedure:

Continue the clear liquid diet from the previous day.

At 2:00pm begin to take the liquid portion of the prep.
Drink one glass (8oz) every 10 minutes until the solution is gone.
Some patients prefer to mix powered flavoring like Crystal Light in the solution and to drink it over ice in order to improve its taste and thickness.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT

IT IS VERY IMPORTANT TO DRINK 2-3 LITERS PER DAY OF NON-CAFFEINATED CLEAR LIQUIDS DURING YOUR 2 DAY BOWEL PREP.