

GoLytely Bowel Prep Instructions

1. On the day before your procedure:

- **(In the morning)** Fill the gallon jug containing golytley power to the fill line with lukewarm water.
- Cap the jug and shake to dissolve the powder, and then place in the refrigerator.
- Starting at **6 PM** begin drinking **(1) 8 oz. glass every 30-45** minutes until half of the solution from the jug has been consumed.
- After you drink half of the solution in the container, place the jug back in the refrigerator until the next morning (day of your procedure)
- Take 2 capsules of the Simethicone 180 mg oral capsule with evening prep

2. Starting the morning of your procedure:

- Begin drinking the other half of the jug at **4 AM**. Make sure you drink **(1) 8 oz. glass every 15 minutes** until you have consumed all the solution. After you finish the other half of the jug.
- Take 1 Capsule of the Simethicone 180 mg oral capsule with morning prep

PLEASE DO NOT EAT, DRINK, SMOKE, OR CHEW 3 HOURS PRIOR TO YOUR EXAM!!

****PLEASE STOP IRON, OR BLOOD THINNERS 5 DAYS BEFORE!****

Unless specifically instructed otherwise by your physician, keep taking all of your other regularly prescribed medications including aspirin

Someone must be with you to drive you home the day of your procedure.

You will need to arrive at:
The Medical Center, Greenview Surgery Center, or Greenview Hospital

Clear Liquid Diet

Water

Tea (Hot or Cold)

Colas (Including Diet Colas) - Coke, Sprite, Ginger Ale, Etc. (Any flavors except red drinks)

Bouillon or Clear Broth

Jell-O (Plain - No Fruit added, any flavor except red)

Popsicles (No red)

Apple Juice

Gatorade (No red)

Black Coffee (No cream added)

Cranberry Juice (Ok as it's a natural red)

Grape Juice

Koolaid (No red)

Crystal Light (No red)

Fiber Free Diet

No substitutions to any of the foods!

Breakfast

- 30 grams (1 ½ ounces) of cheese **OR** two eggs (fried/boiled)
(for example, you could make 2 grilled cheese sandwiches **OR** 2 fried egg sandwiches)
- ½ cup of milk, ¼ loaf of white bread
(4 slices - White Bread only)
- 1 tbsp of olive oil or butter (used to cook with)

Lunch

- 90 grams (3 ounces) of meat (beef, chicken, or fish) (size of the cup/palm of your hand)
- ½ cup cooked white rice
- ½ cup of ice cream
- 2 tbsp of olive oil (used to cook with)

Dinner *(to be eaten before 6 PM)*

- 30 grams (1 ½ ounces) of cheese **OR** two eggs (fried/boiled)
 - 1 cup of Jell-O
 - ½ cup of milk, yogurt, or pudding
- 1 tbsp of olive oil (used to cook with)



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CLEAR LIQUID DIET

Tea (Hot or Cold)
Water
Colas-Coke, Diet Coke, Sprite, Ginger Ale, etc. Any flavor (**NO RED**)
Bouillon or Clear Broth
Jell-O Plain, no fruit added and any flavor (NO RED)
Popsicles (**NO RED**)
Apple Juice
Gatorade (**NO RED**)
Black Coffee – **no creamer added**
Cranberry juice – this juice is okay because it's a natural red
Grape Juice
Kool-Aid any flavor but **NO RED**
Crystal Light any flavor but **NO RED**

FIBER FREE DIET

NO SUBSTITUTIONS TO ANY OF THE FOODS!

BREAKFAST

30 grams (1 ½ ounces) of cheese OR two eggs (fried/boiled)
(for example, you could make 2 grilled cheese sandwiches OR 2 fried egg sandwiches)
½ cup of milk, ¼ loaf of white bread (4 slices – WHITE BREAD ONLY)
1 tbsp of olive oil or butter (used to cook with)

LUNCH

90 grams (3 ounces) of meat (beef, chicken or fish) (size of the cup/palm of your hand)
½ cup cooked white rice
½ cup of ice cream
2 tbsp of olive oil (used to cook with)

DINNER (to be eaten before 6 PM when starting Bowel Prep)

30 grams (1 ½ ounces) of cheese OR two eggs (fried/boiled)
1 cup of Jell-O
½ cup of milk, yogurt OR pudding
1 tbsp of olive oil (used to cook with)

PLEASE DO NOT EAT, DRINK, SMOKE OR CHEW AFTER YOUR MORNING PREP!!