

# GoLyteLy Bowel Prep Instructions

## 1. On the day before your procedure:

- **(In the morning)** Fill the gallon jug containing the GolyteLy powder with lukewarm water to the fill line noted on the container.
- Cap the jug and shake to dissolve the powder, and then place in the refrigerator.
- Starting at  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  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

ALL DAY throughout the day as instructed.

## 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 Breakfast

No substitutions to any of these foods!

**Cheese** 30 grams (1 ½ ounces)

**OR**

**Two Eggs** (fried/boiled)

(for example you could make 2 grilled cheese sandwiches or 2 fried egg sandwiches)

**Milk** ½ cup

**White Bread** (4 slices, white bread ONLY)

**Olive Oil or Butter** 1 tbsp (used to cook with)

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

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

You have an appointment scheduled for a:

on

**If you experience any complications after 4:30 pm  
please call 270-781-5111 to speak with our on call physician.**

If you have any questions regarding this appointment or need to reschedule,  
please contact our office at your earliest convenience. Thank You!

## **Greenview Regional Hospital**

1801 Ashley Circle  
Bowling Green, Kentucky 42104  
270-793-1000

## **The Medical Center at Bowling Green**

250 Park Street  
Bowling Green, KY 42101  
(270) 745-1000

## **Greenview Surgery Center**

484 Golden, Autumn Way Ste 100  
Bowling Green, KY 42103  
270-938-6500