GoLYTELY® Full Bowel Prep – Urology
1 or 2 Day

To prepare for surgery, you will follow a clear liquid diet and empty your bowels before surgery. Please follow these steps closely. Your nurse will review them with you.

Your Diet before Surgery- Check one

☐ Start a clear liquid diet 2 days before surgery. You may eat a light breakfast, and then you will not eat any solid food before your surgery. You will drink only clear liquids for the two days before your surgery. There is no limit to the amount you may drink.

☐ Start clear liquids 1 day before surgery. You may eat a light breakfast. After breakfast you will not eat any solid food before your surgery. You will drink only clear liquids for rest of the day before surgery. There is no limit to the amount you may drink.

Clear liquids

- Water
- Clear Jell-O®, must be made at home from a powder, not pre-made, no fruit/whipped cream in it
- Popsicles®
- Sparkling water or soda
- Clear broth or bouillon
- Tea or coffee (no creamer); sugar or sugar substitute is OK.
- Juice without pulp, you may have apple, grape or cranberry juice (not tomato, orange, grapefruit or prune juice)
- Gatorade® or other sport-type drink
- Resource®
- Hard candy
- No alcoholic drinks
- No dairy products of any kind such as cheese, milk, soy milk, pudding, ice cream, yogurt, cream soup
Check one

___ Drink 4 liters of GoLYTELY for your prep the day before surgery.
___ Drink 6 liters of GoLYTELY for your prep the day before surgery

Mix up GoLYTELY® and store in the refrigerator the evening before you drink it.

How to Mix GoLYTELY® or NuLYTELY®

Read and follow the directions on the bottle. Do not add other liquids or flavors. We caution you from adding any flavor to the entire jug. If you do not like the flavor there is little that can be done to remedy this. Do not add ice.

How to Make the GoLYTELY® or NuLYTELY® Easier to Drink

- You may want to add Crystal Light® powder with NutraSweet® to each glass. Some people say it is easier to drink when it is chilled. Do not add ice. It is normal to have body chilling when drinking a cold liquid quickly. You may want to wear warm clothing while drinking it cold or you may prefer to drink it at room temperature.
- You may find it easier to drink the GoLYTELY® through a straw.

Other Helpful Hints

- You can chew gum or hard candy between each glass of GoLYTELY®.
- For rectal soreness – after having a bowel movement, clean yourself with baby wipes. Apply ointment such as A&D® or Vaseline®.
- A blanket warmed in the dryer will help with your chills.

Bowel Prep Schedule

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>11:30 am</td>
<td>Take 1st tablet metoclopramide (Reglan®) 10mg.</td>
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<tr>
<td>12:00 noon</td>
<td>Start drinking 4 or 6 liters GoLytely® 8 ounces every 10 minutes.</td>
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<tr>
<td>About 3:00 pm</td>
<td>(1 hour after finishing GoLYTELY®) Take 2nd tablet metoclopramide (Reglan®) 10 mg</td>
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<tr>
<td></td>
<td>Take Erythromycin 1 gram, 1st dose</td>
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<tr>
<td></td>
<td>Take Neomycin 1 gram, 1st dose</td>
</tr>
<tr>
<td>About 5:00 pm</td>
<td>(2 hours after finishing GoLYTELY®) Take Erythromycin 1 gram, 2nd dose</td>
</tr>
<tr>
<td></td>
<td>Take Neomycin 1 gram, 2nd dose</td>
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About one hour after you start drinking the GoLYTELY®, you will begin to have liquid stools. You will want to stay close to a bathroom. You may also feel some chills, nausea, and cramps in your lower abdomen. This is normal. Keep drinking the solution until it is all gone.

When you have finished the GoLYTELY® you may continue to drink clear liquids until midnight. There is no limit on the amount.

**Do not eat or drink anything after midnight.**

**When to call your Doctor**

If you have severe, steady stomach pain, are light-headed or dizzy; you do not expel the solution, or are unable to drink the prep.

**Phone Numbers**

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<thead>
<tr>
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<th>Phone Number</th>
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<tr>
<td>UW Health Urology</td>
<td>608-263-4757</td>
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<tr>
<td>UW Health at The American Center Urology</td>
<td>608-440-6464</td>
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<tr>
<td>UW Health One South Park Urology</td>
<td>608-287-2900</td>
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**After Hours, Nights, Weekends, and Holidays**, the clinic number is answered by the paging operator. Ask for the Urology Doctor on call. Leave your name and phone number with the area code. The doctor will call you back.

**Toll Free: 1-844-607-4800**

Your health care team may have given you this information as part of your care. If so, please use it and call if you have any questions. If this information was not given to you as part of your care, please check with your doctor. This is not medical advice. This is not to be used for diagnosis or treatment of any medical condition. Because each person’s health needs are different, you should talk with your doctor or others on your health care team when using this information. If you have an emergency, please call 911. Copyright © 7/2015 University of Wisconsin Hospitals & Clinics Authority. All Rights Reserved. Produced by the Department of Nursing. HF#5926