

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 another 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 fridge 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 fix 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 temp.
- You may find it easier to drink the GoLYTELY® through a straw.

Bowel Prep Schedule

1 Day Before Surgery Clear Liquids Only	
11:30 am	Take 1 st tablet metoclopramide (Reglan®) 10mg.
12:00 noon	Start drinking 4 or 6 liters GoLYtely® 8 ounces every 10 minutes.
About 3:00 pm (1 hour after finishing GoLYTELY®)	Take 2 nd tablet metoclopramide (Reglan®) 10mg Take Erythromycin 1 gram, 1 st dose Take Neomycin 1 gram, 1 st dose
About 5:00 pm (2 hours after finishing GoLYTELY®)	Take Erythromycin 1 gram, 2 nd dose Take Neomycin 1 gram, 2 nd dose
Evening	Drink 1-liter Gatorade® or another sport-type drink
10:00 pm	Take Erythromycin 1 gram, 3 rd dose Take Neomycin 1 gram, 3 rd dose
Before bed	Shower with Hibiclens® or other antibacterial soap No food or drink after midnight
Day of surgery	Shower with Hibiclens® or other antibacterial soap.

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.

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 keep drinking 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

UW Health Urology
608-263-4757

UW Health at The American Center
Urology
608-440-6464

UW Health One South Park Urology
608-287-2900

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. The toll-free number is:
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 ©6/2019 University of Wisconsin Hospitals & Clinics Authority. All Rights Reserved. Produced by the Department of Nursing. HF#5926