

Full Bowel Prep Using Bisacodyl/GoLYTELY®

Follow these steps to empty your bowel before surgery. Please know that “**Clear**” means no residue, fiber or pulp, it does not mean colorless.

Evening 2 days before surgery

Mix GoLYTELY® with warm tap water to the top of line on bottle and shake. It will be clear. Store this in the refrigerator. Use within 48 hours. Okay to add Crystal Light® powder mix to each glass.

Day before surgery drink only clear liquids.

- Water
- Clear Jell-O® (no fruit in it)
homemade from box only
- Popsicles
- Sparkling water or soda
- Broth or bouillon
- Crystal Light®
- Juice with no pulp (apple, grape, **no** orange)
- Hard candy
- Weak coffee or tea, no creamer – sugar is OK
- Gatorade® or other clear sports drinks
- No alcohol or dairy products
- Ensure Active Clear

9am (or earlier): Take 4 bisacodyl tablets with water. Do not chew or crush. Do not take within 1 hour of taking an antacid or other morning medicine. It is okay to do this step earlier in the day.

As soon as you have a bowel movement, start to drink the GoLYTELY®. Drink 1-8oz glass every 10 minutes **until half the bottle is gone – or your stools are clear**. If you see sand-like grains in the toilet water, drink one cup of GoLYTELY® at a time until all the grains are gone and it looks clear. Do not sip slowly. It works better if you drink quickly. It is normal if you feel some cramps in your lower abdomen while drinking the GoLYTELY®.

Do not take any of your scheduled medicines for 1 hour before or after drinking GoLYTELY®, they will be flushed out in the loose stools.

The afternoon and evening before surgery you will take the antibiotic pills. Follow the instructions written in the bowel prep instructions given to you instead of what is written on the bottles of medicine. Call if the directions and prescription directions do not match and you are unsure how to take the antibiotic tablets.

- **1 hour after you finish the GoLYTELY®:** Take the 1st dose of antibiotics.
- **2 hours later:** Take the 2nd dose of antibiotics.
- **10 pm:** Take the last dose of antibiotics.

Drink only clear liquids until bedtime. Shower before going to bed.

Morning of surgery (at least 1 hour before leaving home)

- Give yourself a Fleets[®] phosphate enema. Shower again.

If the First Day Surgery Nurse says you may drink clear liquids here is the short list of what you can drink:

- Black coffee, sweetener okay
- Apple juice
- White grape juice
- Water
- Gatorade
- Ensure Clear

When to call the Doctor

If you have a steady stomach pain. You feel light-headed or dizzy. Unable to have a bowel movement. If you cannot drink the GoLYTELY[®]

Call UW Health Digestive Health Center

(608)242-2800. This is a 24-hour number.

After hours and weekends, ask for the doctor on call

Dr. _____.

Tell them your problem. We will call you back.

UW Health Digestive Health Center

750 University Row

Madison, WI

(608) 242-2800

(855) 342-9900

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 © 5/2018. University of Wisconsin Hospitals and Clinics Authority. All rights reserved. Produced by the Department of Nursing HFFY#6113