

Bowel Preparation for Surgery Using Golytely

Effective cleansing of the bowel (intestine) is essential for your surgery to be successful. For your privacy and comfort follow these instructions at home.

1. 2 DAYS BEFORE YOUR SURGERY

Take only liquids you can see through, i.e., clear liquids. This is the first step in the bowel preparation for your surgery. Clear liquids include broths, soft drinks, clear juices, Jell-O, tea, coffee, popsicles, etc. If you want to mix the Golytely and refrigerate overnight, please see instruction #2.

2. 1 DAY BEFORE YOUR SURGERY

This is the active cleansing of your intestine. Follow the preparation instructions on the Golytely bottle and note that this solution is more palatable if chilled and kept in the refrigerator before drinking. Keep the reconstituted solution refrigerated. Use it within 48 hours and discard any unused portion. At 8:00 a.m. the day before your surgery, drink the entire 4 liters of Golytely, 8 oz. every 10 minutes. Try to drink the Golytely as prescribed; this will cleanse the intestine best. You may rinse your mouth with diluted lemon/lime juice, or your choice of clear liquid fruit juice, after each glass to help with the aftertaste. Bowel movements should occur about 1 hour after the first glass of Golytely.

3. After a clear liquid dinner, drink only water until midnight before your surgery.

4. Do not drink anything or take anything by mouth after midnight, the night before your surgery, unless the nurse who calls the day before your surgery instructs you otherwise.

5. Feelings of bloating and/or nausea are common after the first few glasses of Golytely because of the large volume of fluid ingested. This is temporary, however, and will disappear once the bowel movements begin.

6. If you have questions during normal clinic hours, you can call (916) 784-4144.