

One Day Golytely/Nulytely Prep

Date: _____ **Arrival Time:** _____

Pick-up Golytely/Nulytely from your pharmacy!

For your own comfort, also consider buying:

A small package of Gas-X (Simethicone 125mg), and soft wipes

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| Day before | 1 | Mix up the Golytely/Nulytely prep as instructed, filling the container to the fill line with cool water and refrigerate. |
| 10 am
day before | 2 | You can have a light breakfast before 10 am, such as eggs, white toast, or yogurt. Avoid whole grains, nuts, fruits, and veggies. Drink clear liquids only after 10 am. |
| 4 pm
day before | 3 | Start drinking one glass of Golytely/Nulytely every 15 minutes until you have finished half of the container. If you get nauseated, stop drinking and lay on your right side until better. Drink 1-2 glasses of clear liquid every hour while awake. |
| Five hours
before
procedure | 4 | Drink one glass of Golytely/Nulytely every 15 minutes until you have finished the second half of the container.

Take three Gas-X tablets. |
| Day of
procedure | 5 | Do not drink any liquids four (4) hours before your procedure. Do not chew gum or suck on hard candy. |