

One Day Golytely/Nulytely Prep

Date of Procedure: _____

Arrival Time: _____

Before the procedure:

Pick-up **Golytely/ Nulytely** from your pharmacy. For your own comfort, also buy a package of **Gas-X** (Simethicone 125mg), and soft, cleansing wipes

**Day before
procedure**

1

Mix up the **Golytely/Nulytely** prep as instructed, filling the container to the fill line with cool water and refrigerate.

Day before

2

Begin a clear liquid diet as soon as you wake up. **NO SOLID FOOD**
Review the TIP for GI Procedures for more information

Day Before

4pm

3

Start drinking **1 glass of Golytely/Nulytely** until you have **finished half of the container**. You may pour the solution over ice and drink with a straw. Drink 1 glass of clear liquid every hour while awake. If you experience nausea, SLOW down! Place a cold facecloth on your forehead and the back of your neck and rest.

5 hours before

Arrival time

4

Drink **1 glass of Golytely/Nulytely every 15 minutes** until you have **finished the second half of the container, within one hour.**

Take **3 Gas-X tablets.**

4 hours before

Arrival time

5

Do not drink any liquids 4 hours before your arrival time.
Do not chew gum or suck on any hard candy. This is important to make sure that your stomach is empty prior to the sedation medication.

Note:

If you have questions regarding your prep, please call after 7am and our staff can assist you.
207-535-1100 option #5