

## Golytely (GaviLyte-G) Prep

### Supplies Needed

- Fill your prescription for Golytely (GaviLyte-G) in advance

### 5 Days Before Your Procedure

- Read all prep instructions
- Contact your prescribing physician for instructions on blood thinners
- Stop herbal, oil-based vitamins and iron supplements
- Stop all fiber supplements such as Metamucil (psyllium), Citrucel (methylcellulose), Fibercon (polycarbophil), Benefiber (Wheat Dextrin), and Konsyl (psyllium hydrophili mucilloid).
- Stop all medications that stop diarrhea such as immodium (loperamide), kaopectate (bismuth subsalicylate), and pepto bismol (bismuth subsalicylate).
- Do not take vitamin E, Multivitamin, or iron tablets unless otherwise instructed
- Avoid salads or high fiber foods including nuts, seeds and popcorn
- Avoid hard fruits and vegetables

### Day Before the Procedure

- **DO NOT** eat any solid food.
- Drink **clear liquids only (Not Red or Purple)** for breakfast, lunch, and dinner.
  - Water (plain, carbonated, or flavored)
  - Fruit juices without pulp, such as apple or white grape juice
  - Fruit flavored beverages, such as fruit punch or lemonade
  - Carbonated drinks, including dark sodas (cola and root beer)
  - Gelatin (not red or purple)
  - Tea or coffee without milk or cream
  - Sports drinks (no red or purple)
  - Clear, **fat-free** broth (bouillon or consommé)
  - Honey or sugar
  - Hard candy, such as lemon drops or peppermint rounds
  - Ice pops without milk, bits of fruit, seeds or nuts

- Drink at least 8 ounces of clear liquid every hour while awake.
- Do not add any sugar or additive to the Golytely container
- Fill the container with slightly warm drinking water to the top of the line on the container. Close the cap and shake gently till the powder dissolves completely and the solution becomes clear and colorless. The solution will taste better if chilled, we recommend placing the container in the refrigerator for a few hours before you drink it.

***If your arrival time is before 12 Noon***

- At **4pm the day before to the procedure** drink 8 ounces of the solution every 10-15minutes until finished. *YOU NEED TO FINISH IT BY 8PM.*
  - *If you are too full or have nausea/vomiting, stop for 20-30 minutes, then start again. Refrigerate remaining solution.*
- Drink as much water as possible throughout the evening until bedtime.
- **DO NOT** eat or drink anything after midnight.

***If your arrival time is after 12 Noon***

- At **6am the day of the procedure** drink 8 ounces of the solution every 10-15minutes until finished. *YOU NEED TO FINISH IT BY 8AM.*
  - *If you are too full or have nausea/vomiting, stop for 20-30 minutes, then start again. Refrigerate the rest of the solution.*
- Drink as much water as possible throughout the evening until bedtime.
- **DO NOT** eat or drink anything after midnight.

**\*\*\*\*\*Finish Drinking 4 hours before to your arrival time\*\*\*\*\***

**Day of Procedure**

- **No** Solid Food
- **No** Alcohol
- **Do Not** drink anything unless you are still completing the Golytely.
- **No** gum or breath mints
- **You May** take your morning heart, blood pressure, asthma, seizure medication, and aspirin with a small sip of water.
- **PLEASE STOP ALL LIQUIDS 4 HOURS BEFORE YOUR ARRIVAL TIME.**

**PLEASE NOTE:** You must take all of the Prep solution as directed to clean your bowel adequately. Even if you are passing clear liquid you must continue to take the entire dose of the prep.

PHONE NUMBERS:

Rutgers GI Clinic: 732-235-7784

Robert Wood Johnson Schedulers: 732-828-3000 x33210

GI clinic Schedulers: 732-235-5973

Interventional GI clinic Schedulers: 732-235-8970

Hospital PAT department **732-828-3000** x36616

For after hour **emergencies** call 732-235-778