

# GoLyately Prep Instructions

## Day Before Procedure:

- 1 DAY PREP- Clear Liquid Diet (If you cannot see through it, DO NOT have it)
- GoLyately Prep

● Fill the bottle with lukewarm water until you reach the top fill line on the bottle.

● Recap the bottle and shake well to dissolve the powder completely. Once mixed, solution should be clear and colorless.

● Keep solution refrigerated until you are ready to drink. The reconstituted solution should be used within 48 hours.

## Consuming the solution- Start at 4:00 pm

- Drink 8 oz of solution every 10 minutes. The entire gallon must be consumed within 4 hours. Tip: Rapid drinking of each portion is better than drinking small amounts continuously.
- The first bowel movement should occur approximately within 1-2 hours after you start drinking the solution.
- Continue to drink the GoLyately solution until your bowel movements consist of watery stool that is clear and free of solid matter. This usually happens after you've drank at least 3 liters.
- You will have loose bowel movements for about 1 to 2 hours after you finish drinking the solution.
- Make sure you have drunk the entire contents of the bottle

## At 10:00 pm

- If stool is NOT COMPLETELY LIQUID → Take two (2) tablets of Dulcolax
- Stool should look similar to urine **no drinking after midnight**

***If you are taking essential meds like BP and seizure meds you may take with sip or water in am***  
*Any questions about the instructions or need further assistance? contact our office*