

Golytely Prep Instructions

The day before your procedure:

- Do not eat.
- You must be on clear liquid diet (nothing red or purple) for breakfast, lunch, and dinner.

The evening before your procedure:

- Do not eat.
- Mix your prep with tap or bottled water only.
- You can add Crystal Light powder for flavor.
- Keep it in the fridge the morning before your confirmed date.
- Drink ½ the gallon between 5 p.m. and 7 p.m.
- 7 p.m. to midnight, you can have any clear liquids listed below.

The second half of your prep is from _____ a.m. to _____ a.m. on _____

- Only have a sip of water with medicine after the second half of your prep.

Clear liquids - No red or purple

- Water
- White grape juice
- Popsicles
- Sports drink (Gatorade, Powerade)
- Broth (no meat or veggie pieces)
- Apple juice
- Gelatin (Jell-O)
- Clear soda (Sprite, Sierra Mist)
- Coffee with sugar (no cream or milk)

No puddings or liquids you cannot see through

No meat, rice, noodles, or veggies