How to Prepare for Your Bowel Surgery
1-day, Golytely

You will be given a prescription for a 4-liter bottle of Golytely or Colyte. You will need to buy this at a pharmacy.

Your surgery is scheduled for:
Day: __________ Date: ______________ Time: ________a.m./p.m.
Doctor: ___________________________________________

Mechanical Cleansing of the Bowel
You must clean out your colon before your surgery. If stool remains inside your colon at the time of your surgery, your risk of having an infection is much higher.

Follow These Instructions
For 1 week before your surgery:

• Do NOT take aspirin or other products that affect blood clotting. These include but are not limited to Bufferin, Anacin, Advil, Motrin, Nuprin, Ibuprofen, Indocin, Naprosyn, Feldene, Clinoril, Voltaren, and Ecotrin. You may take Tylenol during this time.

Starting 2 days before your surgery, on _____________ (date):

• Do not eat solid foods. You may have as much clear liquid as you like. Drink liquids such as fruit juice without pulp, apple juice, white grape juice, cranberry juice, flavored drinks (carbonated or non-carbonated), clear broth or bouillon cubes dissolved in hot water, consommé, Jell-O, Gatorade, coffee and tea with no milk or cream, Kool-Aid, Snapple, and popsicles. Also drink a lot of water during your bowel prep to keep from getting dehydrated.

Please Note: Do not eat red Jell-O. The red food coloring may look like blood in your bowel movements.
• If you are taking blood pressure or heart prescription medicines, keep taking them according to your doctor’s prescription.

The day before your surgery, on __________________________ (date):
• At 8 a.m., start drinking the Golytely or Colyte.
  - Drink all 4 liters of Golytely or Colyte, over about 6 hours.
  - Drink each glassful at a pace that is comfortable for you.
• You may keep drinking approved clear liquids until bedtime. Take nothing by mouth after midnight.