

# Bowel Purge with PEG/Electrolyte- Generic®, GoLYTELY®, or NuLYTELY®

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## Why do I need to do a bowel purge?

You may need to complete a bowel purge if you may have a problem emptying your bowels completely, or if you had an x-ray (a scan that shows an image of the inside of your body) that shows your colon is full of stool and you have overflow diarrhea. Overflow diarrhea is leaking that happens because of constipation. Solid, soft, or liquid stool leaks from the anus around a blockage of stool stuck in the lower bowel.

The purpose of a bowel purge is to empty the colon of built up stool, this is done before starting a new laxative or simply because your colon is overloaded with stool. Once you start taking the medication for the purge, **you will need to be by a bathroom for at least a day or two.**

## What supplies do I need for my bowel purge?

1. Fill your prescription for your bowel prep solution, PEG/Electrolyte-Generic, GoLYTELY, or NuLYTELY at your local pharmacy.
2. You can flavor the medication with Crystal Light Lemonade® to make it taste better.
3. Your doctor might order Magnesium Citrate as well which you can purchase without a prescription. You will likely need to drink several bottles. **Do not take this** if you have decreased kidney function.

## How do I complete the bowel purge?

1. Mix the solution from the pharmacy according to the instructions on the container.

2. Start by drinking one 8-ounce glass of PEG/Electrolyte-Generic, NuLYTELY, GoLYTELY, solution and continue drinking one 8-ounce glass approximately every 15 minutes (or as tolerated to prevent nausea) until 2 liters (64 oz.) of the prep solution is gone.
3. You can either drink the last 2 liters around 5-6 pm the same day or you can drink them the next day.

### **What do I eat while completing the bowel purge?**

You do not have to stop eating during the purge since it is not for a procedure, but eat lightly. The goal is to get your colon mostly cleared out. If it is not cleared out enough, you may need to drink more.

### **How do I start my new laxative or fiber?**

If your doctor has prescribed a laxative or fiber for your bowels, wait one day after cleaning out and start the medication. Michigan Bowel Control Program nurses can assist you with making adjustments for success in your daily laxative therapy.

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