

Bowel Preparation Using GoLyteLy Pre-Operative Instructions

What are my instructions for care?

- Prepare the GoLyteLy powder according to package directions.
- Please fast (no solid foods) for two hours prior to beginning GoLyteLy (10:00 AM the day prior to your surgery).
- Begin taking the GoLyteLy preparation at 12:00 noon on the day prior to your surgery.
- Drink 240ml (8 oz.) of GoLyteLy every 10 minutes until the four liters are consumed or rectal effluent (the content of your bowels) is clear. Rapid drinking of each portion is preferred to drinking small amounts continuously. Icing the beverage and drinking it through a straw may be helpful to you.
- You may consume any clear fluid (broth, Jell-o, pop, popsicles, black tea, black coffee, etc.) until the time you have been instructed to no longer eat/drink. You will find this time on the pre-operative instruction form.
- Do not make plans for the evening as you will need to be near a restroom.
- The medication can cause nausea and abdominal cramping.

When should I call my doctor?

- If you are unable to complete the bowel preparation

Who should I call if I have questions?

- (734) 998-6022, Monday - Friday, 8 a.m. - 4:30 p.m.
- After hours and on weekends, call Hospital Paging at (734) 936-6267 and ask for the Plastic Surgeon on call.

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