



U WELLNESS
SURGICAL

DETAILED INSTRUCTIONS FOR BOWEL PREPARATION WITH GOLYTELY

Dear Patient,

As you prepare for your upcoming flexible colonoscopy, it is crucial to follow the bowel preparation instructions carefully to ensure a clear view of your colon. Proper bowel preparation is essential for the success of the procedure. Below are detailed instructions for using GoLYTELY for your bowel preparation, along with important information on contraindications and a comparison of GoLYTELY with other bowel preparation options.

GoLYTELY Bowel Preparation Instructions:

Four Days Before the Procedure:

1. Dietary Adjustments:

- a. Begin avoiding high-fiber foods. This includes raw vegetables, fruits with skins, seeds, nuts, and whole grains.

One Day Before the Procedure:

1. Clear Liquid Diet:

- a. Start a clear liquid diet the entire day before your procedure. Clear liquids include:
 - i. Water
 - ii. Clear broths (chicken, beef, or vegetable)
 - iii. Tea or coffee (without milk or cream)
 - iv. Clear juices without pulp (apple, white grape, lemonade)
 - v. Sports drinks (avoid red or purple colors)
 - vi. Gelatin (avoid red or purple colors)
 - vii. Popsicles (avoid red or purple colors)
 - viii. Avoid any solid foods, dairy products, and any liquids that are not clear.

2. GoLYTELY Dosage:

- a. **Mix Solution:** The morning of the day before your procedure, mix the two gallons of your GoLYTELY solution as per the instructions on the package. Refrigerate the solution to chill it, as this can make it easier to drink.

3. First Dose: At 2:00 PM the day before your procedure, begin drinking the first gallon of your GoLYTELY solution. Drink 8 ounces every 10-15 minutes until you have consumed half of the first gallon.

- a. This will cause you to have loose stools. Loose stool may not start until after you finish the next step of the prep.



- b. Continue drinking even if you have diarrhea. You may have nausea but keep drinking to be sure your colon is clean.
4. **Second Dose:** At 7:00 PM the day before your procedure, drink the remaining half of the 1st gallon of the GoLYTELY solution in the same manner, 8 ounces every 10-15 minutes. You must finish drinking the solution within **2 hours**.
5. **The Day of the Procedure:**
 - a. 8 hours before the scheduled time of your procedure, drink one half of the second gallon of the GoLYTELY solution by drinking one 8 oz. glass every 15 minutes until the solution is gone.
 - b. Bowel movements should resume within 30 minutes to one hour. Expect to move your bowels at least 10-15 times.
 - c. By the end of your prep, your stool should become a clear, yellow-tinged fluid. 5 hours before your procedure, if the stool coming out is not a clear, yellow-tinged fluid, please drink the other half of the second gallon of the GoLYTELY solution.
 - d. You may continue to drink additional clear fluids until **4 hours** before the test is scheduled, but then nothing after that.

Day of the Procedure:

1. Fasting:

- a. Do **NOT** eat or drink anything starting at least **4 hours** before your procedure. This includes water, gum, and mints.

2. Medications:

- a. Take your regular medications with a small sip of water unless otherwise instructed by Dr. Kim. If you take blood thinners, diabetes medications, or have any other specific medical conditions, please inform our office for tailored instructions.
 - i. Some patients find the taste of GoLYTELY to be unpleasant, although chilling the solution and using flavor packets can help.

Important Considerations and Contraindications:

1. Contraindications:

- a. **Bowel Obstruction:** Do not use GoLYTELY if you have a known bowel obstruction or severe gastrointestinal conditions.
- b. **Electrolyte Imbalance:** If you have a history of electrolyte imbalances, consult Dr. Kim before using GoLYTELY.
- c. **Pregnancy and Breastfeeding:** Consult with Dr. Kim if you are pregnant or breastfeeding before using GoLYTELY.

2. Possible Side Effects:

- a. Diarrhea and abdominal cramping are expected as the bowel is being cleansed.
- b. Nausea or vomiting may occur. Stay hydrated and take small sips of clear liquids if this happens.
- c. Dizziness or lightheadedness due to dehydration. Ensure you drink plenty of clear fluids.

3. Hydration:





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- a. It is crucial to stay well-hydrated before, during, and after the bowel preparation process. Drink plenty of clear liquids to prevent dehydration.

Contact Information:

If you experience any severe symptoms such as persistent vomiting, severe abdominal pain, dizziness, or signs of dehydration, please contact our office immediately at 925-430-5613. For any other questions or concerns regarding your bowel preparation or procedure, do not hesitate to reach out.

Thank you for your cooperation, and we look forward to providing you with the best possible care.

Sincerely,

Dr. Ran S. Kim

Colon & Rectal Surgery

U Wellness Surgical

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