

GoLYTELY or NuLYTELY Bowel Prep for Colorectal Surgery

Cleaning out the colon before surgery with laxatives and oral antibiotics can reduce the risk of infection after surgery. Along with good nutrition, blood sugar control in diabetics, and smoking cessation, it is an important part of preparing for colon or rectal surgery.

P.E.G. solution (GoLYTELY or NuLYTELY) is an electrolyte balanced, non-absorbable sugar that flows through the intestines clearing out stool as it passes. It is safe and effective, with the main side effects being nausea and sometimes vomiting. If you feel nauseated, wait 15-30 min before taking additional prep.

Purchase bowel preparation supplies:

1. GoLYTELY or NuLYTELY bowel prep solution (you will receive a prescription for this)
2. Six (6) neomycin 500 mg tablets and three (3) metronidazole 500 mg tablets (you will receive a prescription for these).
3. Clear liquids to drink the day before your procedure. Clear liquids are anything you can see through, like apple or white grape use or other juices without pulp, Gatorade or other sports drinks, ginger ale, sodas, water, broth or bouillon, popsicles, honey, hard candies without filling, black coffee.
* Do not eat any solid food, thick liquids, milk or other dairy products, carbonated drinks, orange or red grape juice, or alcohol the day before or the day of surgery.
4. Skin protectant such a Desitin or A&D ointment

If this is a bowel preparation prior to surgery (such as colon resection) you have also be prescribed antibiotics that you will need to pick up from the pharmacy prior to starting the bowel prep. Follow provided instructions for the antibiotics, but generally there are two different antibiotic that are each taken at 1 pm and 2pm and 10 pm on the day before surgery.

GoLYTELY Mixing Instructions (day before surgery):

1. Fill the plastic container containing the laxative powder (GoLYTELY) with lukewarm water to the 4 liter mark, shake vigorously several times to ensure that the ingredients are dissolved and put the container in the refrigerator. *(The solution may taste better if chilled before drinking.)*
2. **A Pineapple flavor pack is available to mix with the solution. To use, tear open flavor pack and pour contents into the bottle BEFORE reconstitution.**

NuLYTELY Mixing Instructions (day before surgery):

1. Fill the plastic container containing the laxative powder (NuLYTELY) with lukewarm water to the 4 liter mark, shake vigorously several times to ensure that the ingredients are dissolved and put the container in the refrigerator. *(The solution may taste better if chilled before drinking.)*
2. The mixed solution will be clear and colorless. Do not add anything else, such as additional flavorings, to the solution.
3. **Cherry, Lemon-Lime, Orange and Pineapple flavor packs are available to mix with the solution. To use, tear open the flavor pack and pour contents into the bottle BEFORE reconstitution.**

Day before surgery:

1. Mix GoLYTELY or NuLYTELY and refrigerate (see instructions below)
2. Drink clear liquids only on the day before your surgery. Try to drink at least a gallon of fluids. The more clear liquids you drink, the better your laxatives will work. Clear liquids would include apple or white grape juice or other juices without pulp, Gatorade or other sports drinks, ginger ale, sodas, water, broth, popsicles, honey and hard candies without filling.
3. Do not eat any solid food, thick liquids, milk or other dairy products, or alcohol.
4. You will want to be near a restroom once you start your laxative. Applying Desitin cream or A&D ointment to the skin around the anus can help prevent skin breakdown and irritation.
5. At noon on the day before surgery, take neomycin 1000 mg (2 tablets) and metronidazole 500 mg (1 tablet).
6. At 1 pm on the day before surgery, take the second dose of antibiotics, neomycin 1000 mg (2 tablets) and metronidazole 500 mg (1 tablet).
7. At 2 pm on the day before surgery, start drinking the GoLYTELY or NuLYTELY laxative solution. Drink one 8 ounce glass every 10 minutes until all 4 liters are consumed or until stool is clear. This usually takes at least 3 liters. Drinking each 8 ounce glass quickly works better than drinking a small amount continuously.
8. At 10 pm on the day before surgery, take the third dose of antibiotics, neomycin 1000 mg (2 tablets) and metronidazole 500 mg (1 tablet). Take this with a clear liquid containing carbohydrates like Gatorade or white grape juice.
9. Do not eat any solid foods after your bowel prep. It is ok to take your medications with a sip of water or juice.

*If you experience nausea or vomiting, take a 15-30 minute break and then continue drinking the prep. The prep will often start to work within 30 minutes, but may take a few hours to take effect.

Day of procedure:

1. Three (3) hours before your surgery, drink another 8 ounce carbohydrate drink, such as Gatorade, apple juice or white grape juice. **DO NOT EAT OR DRINK ANYTHING OTHER THAN CLEAR LIQUIDS THE DAY OF SURGERY.**
2. **PLEASE DO NOT EAT OR DRINK ANYTHING WITHIN 2 HOURS OF YOUR SURGERY. THIS WILL CAUSE YOUR SURGERY TO BE DELAYED OR CANCELLED.**