

Crozer Gastroenterology Associates  
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## Instructions for Golytely Bowel Prep-(Split Peg)

### **STEP 1: 8:00 AM MIX SOLUTIONS**

Add lukewarm water to top line on the bottle. Cap the bottle and shake to dissolve the powder. The mixed solution will be clear and colorless. Then put in the refrigerator so it can get cold.

### **STEP 2: 6:00 PM DRINK HALF OF THE SOLUTION**

Drink 1 (8oz) glass every 15-20 minutes. Drink glass quickly rather than drinking small amounts continuously. A watery bowel movement should begin in approximately 1 hour. Be sure to drink **HALF of your solution**. You will still have loose bowel movements for about 1-2 hours after you finish drinking the solution

### **STEP 3: 11 PM DRINK THE REST OF THE SOLUTION**

Drink 1 (8oz) glass every 15-20 minutes. Drink glass quickly rather than drinking small amounts continuously. A watery bowel movement should begin in approximately 1 hour. Be sure to drink all the solution. You will still have loose bowel movement for about 1-2 hours after you finish drinking the solution.

**REMEMBER: DO NOT EAT FOOD OR DRINK MILK/MILK PRODUCTS ON THE DAY OF THE PREP (CLEAR LIQUIDS ONLY). DO NOT EAT OR DRINK ANYTHING**