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PREPARATION INSTRUCTIONS FOR COLON SURGERY/with GoLyately-Method

Someone from the hospital will call you the day before your surgery with the time to arrive.

____Mat-Su Regional Medical Center (907) 861-6858

PREPARATION INSTRUCTIONS FOR THE DAY BEFORE COLON-SURGERY

PLEASE READ THESE INSTRUCTIONS SEVERAL DAYS BEFORE YOUR PROCEDURE.

You will need the following items from a pharmacy: Prescriptions will be provided for a GoLyately Bowel Preparation Kit and two antibiotics: Cipro & Flagyl.

FOLLOW OUR INSTRUCTIONS BELOW AND NOT THE INSTRUCTIONS THAT ARE INCLUDED WITH THIS KIT!

THE ENTIRE DAY BEFORE YOUR COLON SURGERY – HAVE A CLEAR LIQUID DIET ONLY. NO SOLID FOODS.

Clear liquids include water, coffee, tea, Gatorade, carbonated and non-carbonated soft drinks. All the clear juices: apple, white grape. Jell-O, popsicles, and clear soups: bouillon or broth. Sugar or artificial sweeteners are allowed.

NOT ALLOWED ON A CLEAR LIQUID DIET: Dairy products: milk, cream, soy, artificial creamer, or pulpy juices like orange, grapefruit, pineapple, tomato and V-8. No alcoholic beverages.

STEP 1: AT 8:00 AM - MIX THE GoLyately SOLUTION WITH WATER

- Add cold or lukewarm drinking water to the top line of the container.
- Cap the bottle and shake to dissolve the powder.
- The mixed solution will be clear. Do not add anything other than the provided flavor packs to the solution.
- If you would like to drink the solution cold, store it in the refrigerator until it is time to start drinking.

STEP 2: AT 9:00 AM - START DRINKING THE GoLyately SOLUTION:

- **Drink ½ of the bottle of GoLyately solution over one to two hours.** Drink at your own pace. Do not “chug” it. If you experience nausea, slow down in drinking the mix and try taking a few sips of one of the clear liquids listed above.
- A watery bowel movement should begin in approximately 1 hour or less.
- You may also have other clear liquids while drinking the GoLyately solution.

STEP 3: AT 5:00 PM - Drink the second half of GoLyately solution following the same instructions in Step 2.

STEP 4. You will also start taking the antibiotics at the following times:

Cipro (ciprofloxacin) 500mg - 1 tablet at 11:00 am
 Flagyl (metronidazole) 500mg - 1 tablet at 11:00 am & 1 tablet at 9:00 pm

ON THE DAY OF YOUR COLON SURGERY – You may continue to drink a small amount of clear liquids only up to **2 HOURS PRIOR TO ARRIVAL TIME** then nothing by mouth.



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