

# **Polyethylene Glycol standard dose protocol**

**(Golytely, Nulitely, Trilyte, or generic polyethylene Glycol)**

- **Date of laxative prep (1 day before colonoscopy):**
- **REMINDER: DRINK ONLY CLEAR LIQUIDS STARTING AS SOON AS YOU WAKE UP IN THE MORNING.** See the general instructions for details of the clear liquid diet.
- **Drink an extra 8 ounces of clear liquid every hour between 11 am and 5 pm.**
  - **At 11AM**
    - Mix the solution: add lukewarm drinking water to the top line on the container. Replace the cap and shake to dissolve the powder. You may chill this in the refrigerator if desired; this often helps improve the taste of the fluid.
  - **At 4 PM**
    - Start drinking the solution: take 8 ounces every 15 minutes until the entire solution is gone. This should take about 4 hours.
      - If your kit came with flavor crystals, they may be sprinkled into the drinking glass with the fluid to adjust the taste.
    - You may take 1 or 2 Gas-X tablets if you feel gas pains.
    - After finishing the solution, you may continue to drink clear liquids until 4 hours before the colonoscopy
- **YOU MAY CONTINUE CLEAR LIQUIDS UNTIL 4 HOURS PRIOR TO THE PROCEDURE, BUT NOTHING BY MOUTH AFTER THAT INCLUDING WATER.**
- **YOU MUST HAVE A DRIVER PRESENT TO TAKE YOU HOME AFTER THE PROCEDURE.**