

Polyethylene Glycol split 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 12 noon:** 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.
- **At 6 pm**
 - Drink Half of the solution: Take 8 ounces every 15 minutes; this will be about 8 glasses, 8 ounces each, and should take about 2 hours to drink.
 - If your kit came with flavor crystals, they may be sprinkled into the drinking glass with the fluid to adjust the taste.
 - Place the container with the other half of the solution in the refrigerator.
 - You may take 1 or 2 Gas-X tablets at this time if you feel gas pains.
 - Drink clear liquids until you go to bed and take 32 ounces of additional liquid between when you finish the first half and when you start the second half of the laxative.
- **6 hours before your scheduled arrival time for colonoscopy:**
 - **Time to start second dose:** _____
 - This likely will require you to get out of bed in the early morning or middle of the night. The timing of this step is critical to help optimize the quality of the laxative cleansing of your colon for this procedure.
 - Drink the rest of the solution. Drink 8 ounces every 15 minutes; this will be about 8 glasses, 8 ounces each. There may be some liquid left over after the final 8 ounce glass, be sure to drink this amount too.
- **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.**

A note on overnight dosing of the laxative: You may not have taken the second dose of the laxative in the middle of the night for a colonoscopy in the past. Research shows that if the second dose of the laxative is started 6 hours before the colonoscopy, the colon is cleaner on average.