Bowel Preparation Instructions:
Stool Transplant Via Lower
Golytely

It is very important to follow all the instructions to prepare for your test. Your body must be clean so the doctor can see during the test. Many patients feel that the bowel preparation is the hardest part of the test.

Preparing for the test:

The day before your test you will need to prepare your body. Do not eat any solid foods the **entire** day before your test. You will be using a **Golytely** preparation to clean out your body.

Please follow all instructions carefully. If you do **not** follow the directions properly then your test maybe **cancelled**. To get ready for your test, you will need to buy items for the bowel preparation.

Medication to buy:

- **Check with your pharmacy and fill your prescription for** Golytely/Nulytely/Colyte.

From your grocery or convenience store:

- Packets of Crystal Light to help the prep taste better. (Optional)

  Make sure that it is **not red or purple colored**.

You will receive a phone call from a nurse and/or from registration 5 to 7 days before your test. They will ask questions to help get you ready for your test, to talk about your health; and to help you understand which medications you can or cannot take before the test. If you have **ANY** questions regarding these instructions, please call us at **(320) 229-4974**, Monday through Friday between 8:00 a.m. and 4:30 p.m. You may also call us toll free at 1-800-835-6652, extension 74974. If you need to reschedule your appointment please call **(320) 229-4933.**

Five (5) days before your stool transplant

- **Avoid** taking medications that will stop diarrhea – Examples: Imodium or Pepto-Bismol.
- **Avoid** taking fiber medications or supplements – Examples: Metamucil or Citrucel.
- **Avoid** taking iron supplements or products that contain iron – Example: Multi-vitamins.
- **Avoid** taking vitamin E supplements or medications.

Three (3) days before your stool transplant

- **Begin a low fiber diet – Avoid** eating high fiber foods – Examples: Popcorn, seeds (flax seeds, sunflower, and quinoa), multigrain breads or pasta, nuts, granola, salads, raw vegetables, or fresh and dried fruits. Limit the amount of meats.

Two (2) days before your stool transplant

- Increase your water intake (eight glasses of water is recommended).

One (1) day before your stool transplant

- Only drink clear liquids the **entire day** before your test. Do **not** eat any solid foods.
- **At 9 a.m.**, add water to your container of Golytely/Nulytely/Colyte and shake well. Place Golytely in the refrigerator. If you want to drink the prep at room temperature, take it out of the fridge at **1 p.m.**
- **At 3 p.m**., start drinking the Golytely prep mixture. You will be drinking **all** the bowel preparation.
- Drink an **eight-ounce** glass every 15 minutes until you have finished **all** the prep. It will take you four to six hours to finish drinking it. You may add a Crystal Light packet to each **glass** to improve the taste of the prep.
- Some people may feel nauseous, bloated, or vomit. If this happens, take a 15-30-minute break and then try drinking again. You will need access to the bathroom once you start drinking the bowel preparation.
- Do not take the evening dose of **Vancomycin.** Unless instructed otherwise by your doctor.
- **At midnight** stop drinking clear liquids. You should be done drinking **all** your prep by this time.

Day of your stool transplant

- You may drink water until **four hours** before your scheduled arrival time. You may take your medications in the morning with a sip of water only.
- Remember **not** to take your **Vancomycin or antibiotics** in the morning**.** Unless instructed otherwise by your doctor.
- Remember **do not eat any solid foods.**