

FOR A SUCCESSFUL AND SAFE HYPAQUE ENEMA IT IS IMPORTANT TO FOLLOW THESE INSTRUCTIONS:

It is important for you to **DRINK PLENTY OF CLEAR LIQUIDS BEFORE, DURING and AFTER** taking **GoLYTELY**. This may help prevent kidney damage.

Clear Liquids Include:

- Water
- Fruit juice **WITHOUT** pulp (e.g. apple or white grape)
- Clear broth or bouillon
- Coffee or tea (**WITHOUT** milk, cream or non-dairy creamers)
- Gatorade
- Carbonated or non-carbonated soft drinks/sodas
- Plain Jello

ONE DAY BEFORE Enema (*bowel preparation*)

- **Morning:** You may have clear liquids **ONLY**. You can have as much of the clear liquids as you would like, but **NO SOLID FOOD OR LIQUIDS THAT ARE NOT CLEAR** (see above) until after the procedure is finished the next day.
- **Prepare the GoLyteley for your Bowel Prep:** Fill the plastic container containing the laxative powder (GoLyteley) with water, shake well until the powder is dissolved. Place the container in the refrigerator.
- **2:00 p.m.:** Drink one 8-ounce glass of GoLyteley every 15 minutes until it is gone. Try to drink one full glass at a time instead of sipping. Continue to drink additional clear liquids throughout the day, but do **NOT** eat any solid food.

EVENING BEFORE OR MORNING OF HYPAQUE ENEMA:

- ☐ Your hypaque enema is scheduled to take place in the morning. You may have clear liquids **until MIDNIGHT**. Do **NOT** eat or drink anything after **MIDNIGHT**. You may take medications with a sip of water. Otherwise, you may **NOT** have any fluids or solid foods.

AFTER THE ENEMA PROCEDURE

You may feel a fullness and gas sensation in your abdomen. This feeling should pass after several hours. If you have any questions, please call our office.