



Desert Spine Institute
2281 W 24th St
Suite 15
Yuma, AZ 85364

Bowel Prep for Lumbar Spine Surgery

Golytely Bowel Prep

1. Purchase from a pharmacy one gallon of Golytely
2. On the day before surgery take only clear liquids and no solid food. Drink more than you would normally drink.
3. At 2 pm on the day before surgery drink all of the Golytely over 2-3 hours (one to two glasses every 10-20 minutes). Refrigeration improves the taste.
4. Nothing at all by mouth after midnight the day before surgery.

Clear Liquids are liquids you can see through and include

Apple or grape juice
Cranberry Juice
Sprite/7-up
Jello
Gelatin
Popsicles
Broth
Coffee/Tea