



Bowel Purge Instructions: PEG/Electrolyte-Generic, GoLYTELY®, or NuLYTELY®

Why do I need to do a bowel purge?

The purpose of a **bowel purge** is to empty your body of stool (poop) that has built up in your colon. You may need to do a bowel purge if you have a problem emptying your bowels completely, or if you had an x-ray that shows your colon is full of stool and you have overflow diarrhea (leaking soft or liquid stool caused by constipation). You may also do a bowel purge before starting a new laxative or fiber.

What supplies do I need for my bowel purge?

- Fill your prescription for your bowel prep solution (PEG/Electrolyte-Generic, GoLYTELY®, or NuLYTELY®) at your local pharmacy.
- If you'd like, you can buy Crystal Light® lemonade drink mix to add to the prep solution to make it taste better.
- Your doctor might recommend magnesium citrate as well, which you can buy without a prescription. You will likely need to drink several bottles.
Do not take magnesium citrate if you have decreased kidney function.

What are my instructions for my bowel purge?

1. Mix the bowel prep solution (follow the instructions on the container).
2. Start your bowel purge prep in the morning by drinking one 8 ounce (oz) glass of the prep solution. Continue drinking one 8 oz glass about every 15 minutes (or as tolerated to prevent nausea) until 2 liters (64 oz) of the prep solution is gone.
3. You can either drink the last 2 liters of prep solution around 5:00-6:00 PM the same day, or you can drink them the next day. Follow the same

drinking schedule of one 8 oz glass every 15 minutes until all the prep solution is gone.

What can I eat while completing the bowel purge?

You do not have to stop eating during the bowel purge (since you are not preparing for a procedure), but we recommend that you eat lightly. The goal is to get your colon mostly cleared out. If it is not cleared out enough, you may need to get a prescription for another 4 liters of bowel prep solution.

How do I start my new laxative or fiber after my bowel purge?

If your doctor has prescribed a laxative or fiber for your bowels, wait 1 day after you've finished drinking all the bowel prep solution and then start the new medication.

Contact the Michigan Bowel Control Program nurses if you'd like help on finding a daily laxative therapy plan that works for you. You can call (734) 763-6295 (option 3) or send a message through the online patient portal at [MyUofMHealth.org](https://myuofmhealth.org).

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