

Motility Center Colon Prep: Golytely Clean Out

- Golytely is a solution used to clean out the colon before testing.
- Your child may be admitted to the hospital.
- This clean out may take 1 to 2 days.
- Your child will need a NG (Nasogastric) tube.
- Your child may need IV fluids and blood work.
- Your child may need an enema the day of the procedure.
- Most children do not like the taste of the Golytely solution; so we use a NG tube and feeding pump to give the Golytely directly into the stomach. A NG (Nasogastric) tube is a thin, soft tube that is inserted through the nose and guided down to the stomach. The NG tube will be taped to your child's face and will stay in place until the clean out process is complete.
- Your child may drink fluids and will be on a clear diet to keep the colon clean. Clear liquids include: broth or **clear** soups without any food pieces, Jell-O, juice without pulp (apple, white grape), Sprite®, water, tea, and Pedialyte®.

During the clean out process nurses and child life specialists will work with you to support, encourage, and reassure your child. The child life specialists can help to distract your child and keep them busy during the procedures. You know your child best. Your love and support at the bedside will help make this experience as positive and successful as possible for your child.

Procedure for Golytely Clean Out

1. A nurse will take your child's vital signs.
2. We may also give your child fluids through an IV.
3. A nurse will insert the NG tube.
4. Golytely will flow through the NG tube for 4 to 6 hours. Most children receive 4 liters of Golytely a day, but sometimes a larger amount is needed to totally clean out the colon. Golytely can cause some children to vomit. If your child vomits repeatedly, we will slow down the rate of the Golytely. If the NG tube comes out during vomiting it will be replaced.
5. The nurse may need to measure your child's abdominal girth.
6. Your child may require a medicine called Reglan. It helps the small intestine to contract and move stool through faster. When your child finishes Golytely, the medicine will be stopped.
7. Your child will be encouraged to walk around the unit and to use the bathroom often. A nurse will check each bowel movement for color, amount, and consistency.
8. We will do an X-ray of the abdomen. This will show how much stool is left in the colon. The healthcare team will decide if your child will need more Golytely or enemas are needed.
9. Golytely will be stopped at midnight the night before the procedures and the NG tube will be removed.
10. Your child may receive an enema the morning of the procedure.