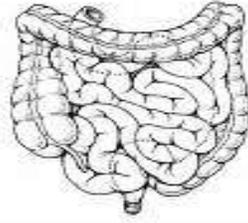


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GoLYTELY® And Chronic Constipation

GoLYTELY® Lavage solution (or PEG Lavage solution) was originally developed as a laxative preparation for diagnostic testing such as a colonoscopy. When taken in preparation for such an examination, all 16 glasses of solution are consumed within one day.

However, we have found that this same solution is helpful for those who suffer from severe chronic constipation in whom standard therapy has failed. In this case, GoLYTELY® is taken in small quantities on a daily basis. This treatment is somewhat new but seems to be free of significant side effects. If you are beginning this therapy, here are a few helpful hints:

- Do not mix the GoLYTELY® solution according to the instructions on the bottle. Ignore them.
- Remove the powder from the bottle of GoLYTELY® and place it in a clean, dry container. Store in a cool, dry place. Each bottle contains enough powder for about 16 doses.
- If you wish you may add one packet of Crystal Light® Lemonade mix powder to the GoLYTELY® powder for flavor. Mix well.
- Each morning dissolve 1 tablespoon of the GoLYTELY® powder in an 8 ounce glass of warm water. Chill it or add ice if you wish.
- Quickly drink the glass of GoLYTELY® solution. Don't sip it.
- Follow this with 1-2 glasses of water or juice.
- You may still continue a high fiber diet including 1 tablespoon of Metamucil™ in juice each night. Prunes, dried apricots or prune juice are helpful. Be sure to eat at least five servings of fresh fruit or vegetables a day. Use whole grain breads and bran cereals.
- Of course, you are the best judge of how much GoLYTELY® you need. The average person who suffers from severe chronic constipation requires 1-2 glasses daily. You may decrease the dose as you see fit. **Do not take more than two glasses a day on a regular basis.**
- This appears to be a very safe form of treatment. If you suspect any problems, don't hesitate to call us.