






# The Gastroenterology Group (TGG)

## Colonoscopy Prep Instructions – Golytely, Nulytely or Colyte Split Dose Prep

**PLEASE READ ALL INSTRUCTIONS CAREFULLY WHEN PROCEDURE IS SCHEDULED**

5-7 DAYS PRIOR	3 DAYS PRIOR	ONE DAY PRIOR	THE DAY OF PROCEDURE
<p>At PHARMACY – No prescription needed PURCHASE the following:</p> <p>One bottle of liquid preparation: Golytely, Nulytely, or Colyte.</p>  <div style="display: flex; justify-content: center; gap: 10px; margin: 10px 0;">    </div> <p>If you take medication to thin your blood, such as <b>Coumadin</b> (warfarin), <b>Plavix</b> (clopidogrel), <b>Xarelto</b> (rivaroxaban) or <b>Pradaxa</b> (dabigatran), <b>Eliquis</b> (apixaban), <b>Aggrenox</b> (aspirin/dipyridamole), etc., ask the doctor that prescribed it for instructions prior to stopping the medication. Aspirin may be continued.</p> <p><b>STOP</b> all fiber supplements or medications containing iron 7 days before your appointment. This includes multi-vitamins with iron, Metamucil, Citrucel and Fibercon.</p> <p>Arrange for a driver on the day of your procedure.</p>	<p><b>STOP</b> consuming all high fiber foods/roughage.</p> <ul style="list-style-type: none"> <li>• NO raw vegetables</li> <li>• NO corn (raw or cooked)</li> <li>• NO whole wheat or high fiber breads</li> <li>• NO nuts or popcorn</li> <li>• NO bran or bulking agents</li> </ul> <p>Confirm that you have a driver for the day of the procedure.</p> <p><b>A taxi or bus is NOT allowed unless you are accompanied by a family member or friend.</b></p> <p>Review paperwork and sign</p>	<p><b>NO SOLID FOOD</b>      <b>NO ALCOHOL</b> Clear liquids ALL DAY</p> <p><b>AVOID</b> anything red or purple in color. <b>NO</b> milk products or non-dairy creamer. <b>SEE ATTACHED LIST OF CLEAR LIQUIDS</b></p> <p><b>DIABETICS:</b> Do NOT take oral medication DIABETA, GLUCOPHAGE, METFORMIN or JANUVIA Take ½ of your regular insulin dose</p> <div style="text-align: center; margin: 20px 0;">  </div> <p><b>Between 4:00 and 6:00 PM:</b> Mix Golytely as directed on container. **you may want to mix this earlier in the day and refrigerate.</p> <p><b>Set aside 16 oz. for tomorrow!</b></p> <p>Begin drinking an 8 oz. glass every 20-30 minutes until the solution is gone. (Be sure to leave 16 oz. for next day).</p> <p>Individual responses may vary; this often works within 30 minutes but may take several hours.</p> <p>Continue with clear liquids until bedtime.</p>	<p><b>NO SOLID FOOD</b>      <b>NO ALCOHOL</b></p> <p><b>DIABETICS:</b> Do NOT take oral medication DIABETA, GLUCOPHAGE. METFORMIN or JANUVIA</p> <ul style="list-style-type: none"> <li>- If you are Insulin dependent, do not take your morning dose of insulin.</li> <li>- You must check your blood sugar before leaving home. If your level is <b>above 300</b>, please take your Regular insulin according to your sliding scale.</li> <li>- Please bring your insulin with you to procedure center.</li> </ul> <p>All patients may take morning medications with sips of water.</p> <p>At _____: <b>4 hours</b> prior to your procedure:</p> <p>Drink remaining 2 (two) glasses of Golytely solution. (8 oz. every 20 minutes).</p> <p>You may continue to drink water until: <b>3 HOURS</b> PRIOR to procedure.</p> <p><b>Drinking liquids within these 3 hours will cause us to cancel or postpone your procedure.</b> **Also no gum, hard candy, mints and tobacco products in these 3 hours.</p> <p>If you are unsure of your colon cleansing, please call our office at 330-869-0954.</p>

A Colonoscopy has been recommended to you. This examination involves guiding a tubular, flexible instrument through the rectum and into the entire colon. The preparation for the procedure is IMPORTANT. It does cause diarrhea and possibly abdominal cramping.

## CLEAR LIQUIDS – No RED or PURPLE

Must be something you can see through...



- Gatorade or PowerAde
- Clear broth or bouillon – chicken or beef
- Coffee or Tea (*no milk or non-dairy creamer*)
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Crystal Light
- Strained Fruit Juices (*no pulp*)
- Jell-O, Popsicles, or Italian Ice



- Milk or milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit or Tomato Juice
- Creamed Soups or any soup other than broth
- Oatmeal
- Cream of Wheat

## Colon Cleansing Tips

- ➡ You may use over the counter hydrocortisone creams, tucks pads or baby wipes as necessary for skin irritation. Be sure to get alcohol free!
- ➡ Chill the solution in refrigerator or by placing in a bowl of ice. DO NOT add ice to the solution.
- ➡ Stay near the toilet! You will have diarrhea, which can be quite sudden...this is normal!
- ➡ If you experience nausea or vomiting, rinse your mouth with water and take a break ☺ Wait 45 minutes and then resume drinking the prep. If necessary, slow down, let your stomach settle between glasses.
- ➡ It is common to experience abdominal discomfort until the stool has flushed from your colon.
- ➡ Some find it easier to drink through a straw.
- ➡ Eventually your stools will be liquid, and clear enough to see the bottom of the toilet.
- ➡ If you feel for any reason your prep is not working, please be sure to call us so we can assist you in completing the prep process.
- ➡ **EVEN AFTER STOOLS BECOME CLEAR YELLOW LIQUID – YOU MUST DRINK ALL OF THE PREP!**

## THINGS TO BRING WITH YOU!

- ✓ A RESPONSIBLE DRIVER
- ✓ YOUR INSURANCE CARDS
- ✓ A PHOTO ID
- ✓ SIGNED PAPERWORK FOR FACILITY