




DIGESTIVE HEALTH CENTER

Colonoscopy Prep Instructions – Golytely, Nulytely, Colyte

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="text-align: center;">  </div> <div style="text-align: center; margin-top: 20px;">  </div> <p>If you take medication to thin your blood, such as Coumadin (warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban) or Pradaxa (dabigatran), Eliquis (apixaban), Aggrenox (aspirin/dipyridamole), etc., ask the doctor that prescribed it for instructions prior to stopping the medication. Aspirin may be continued.</p> <p>STOP 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>STOP consuming all high fiber foods/roughage.</p> <ul style="list-style-type: none"> NO raw vegetables NO corn (raw or cooked) NO whole wheat or high fiber breads NO nuts or popcorn NO bran or bulking agents <p>Confirm that you have a driver for the day of the procedure.</p> <p style="color: red; font-weight: bold;">A taxi or bus is NOT allowed unless you are accompanied by a family member or friend.</p> <p>Review paperwork and sign</p> <ul style="list-style-type: none"> Multi-authorization Notice of Privacy Practices 	<p style="text-align: center;">NO SOLID FOOD NO ALCOHOL Clear liquids ALL DAY</p> <p style="color: red; font-weight: bold;">AVOID anything red or purple in color. NO milk products or non-dairy creamer. SEE ATTACHED LIST OF CLEAR LIQUIDS</p> <p style="color: red; font-weight: bold;">DIABETICS: 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 style="color: red; font-weight: bold;">Between 4:00 and 6:00 PM: Mix Golytely as directed on container. **you may want to mix this earlier in the day and refrigerate.</p> <p style="color: red; font-weight: bold;">Set aside 16 oz. for tomorrow!</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 style="text-align: center;">NO SOLID FOOD NO ALCOHOL</p> <p style="color: red; font-weight: bold;">DIABETICS: Do NOT take oral medication DIABETA, GLUCOPHAGE, METFORMIN or JANUVIA</p> <ul style="list-style-type: none"> - If you are Insulin dependent, do not take your morning dose of insulin. - You must check your blood sugar before leaving home. If your level is above 300, please take your Regular insulin according to your sliding scale. - Please bring your insulin with you to procedure center. <p>All patients may take morning medications with sips of water.</p> <p>At _____: 4 hours 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: 3 HOURS PRIOR to procedure.</p> <p style="color: red; font-weight: bold;">Drinking liquids within these 3 hours will cause us to cancel or postpone your procedure. **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 the Procedure Center at 330.869.0178 or your Physician’s office for assistance.</p>