



---

## **Colonoscopy with NuLTELY/GoLYTELY (Split Dose) Instructions**

Your bowel must be empty so that the physician can clearly view your colon. Please follow all of the instructions in this handout. If you have any questions or are unable to keep your appointment, please contact the office.

### **Important:**

- Do not eat any **SOLID FOOD** the ENTIRE day before your colonoscopy.
- Do not mix the solution until the day before your colonoscopy
- A responsible adult (family member or friend) **MUST** come with you to your procedure and **REMAIN** in the endoscopy area until you are discharged. You are **NOT ALLOWED** to drive, take a taxi or bus, or leave the Endoscopy Center **ALONE**. Your exam cannot be done with sedation if you do not comply with this.

### **Medications:**

Some of the medications you take may need to be stopped or adjusted before your colonoscopy. You must call the doctor who ordered any of the following medication at least 2 weeks before your colonoscopy and inform them of your scheduled colonoscopy:

- Blood thinners: such as *Coumadin* (warfarin), *Plavix* (clopidogrel), *Ticlid* (ticlopidine hydrochloride), *Agrylin* (anagrelide), *aspirin*, *Advil/Motrin* (ibuprofen), and Xarelto
- Insulin or diabetes pills: your insulin dosage may need to be adjusted due to diet restrictions during the bowel preparation.

Take all other medications as instructed by your doctor, even on the day of your colonoscopy (with a sip of water).

## **Count Down to Colonoscopy**

### ***Five (5) Days Before Your Colonoscopy...***

- Do NOT take medicines that stop diarrhea (Imodium, Kaopectate or Pepto Bismol)
- Do NOT take fiber supplements (Metamucil, Citrucel or Perdiem)
- Do NOT take products that contain iron – much as multivitamins
- Do NOT take vitamin E

Buy the prescription bowel preparation solution at your location pharmacy/drugstore

### Three (3) Days Before Your Colonoscopy...

- Do not eat high-fiber foods, such as popcorn, beans, seeds (flax, sunflower, quinoa), multigrain bread, nuts, salad/vegetables, or fresh and dried fruit.

### One (1) Day Before Your Colonoscopy...

- Only drink clear liquids the **ENTIRE DAY** before your colonoscopy. Do not eat any solid foods. Drink at least 8 ounces of clear liquids every hour after waking up. The clear liquids you can drink include:
  - ✓ water, apple or white grape juice; broth
  - ✓ coffee or tea (without milk or creamer)
  - ✓ clear carbonated beverages such as ginger ale or lemon-lime sode
  - ✓ Gatorade or other sports drinks (not red or blue)
  - ✓ Kool-Aid or other flavored drinks (not red or blue)
  - ✓ Plain Jello or other gelatins (not red or blue) popsicles (not red or blue)
  - ✓ Do not drink alcohol on the day before or the day of the procedure
- 3:00 PM: Take all 4 Dulcolax tablets. Chill the prep solution
- 4:00 PM: Begin drinking 1/2 bottle (64 oz.) NuLYTELY/GoLYTELY prep (one 8 oz. glass every 10-15 min.)
  - COMPLETE ENTIRE PREP** within 2-3 hours
- If you experience bloating and/or nausea, slow down (this is normal)
  - Bowel movements may begin about 1 HOUR after the first glass
  - Bowel movements will continue up to 2 HOURS after the last glass

### DAY OF PROCEDURE:

- At \_\_\_\_\_ (6 hours before procedure time): Drink remaining NuLTely/GoLYTELY prep (one 8 oz. glass every 10-15 min.)
  - COMPLETE ENTIRE SOLUTION** within 2-4 hours
- Continue clear liquids until \_\_\_\_\_ (4 hours before your procedure)



- **DO NOT EAT OR DRINK ANYTHING ELSE\*\*** this includes any sips of water or liquid. This includes gum or candy (You may brush your teeth.)
- **Check in** at the location for your procedure
- **If you take medication for blood pressure**, you may take it 2 hours prior to procedure with a sip of water.

---

www.DigestiveCareNY.com

30 Newbridge Road • Suite LL1 • East Meadow, NY 11554  
10 Medical Plaza • Suite 304 • Glen Cove, NY 11542  
Tel: 516-307-0980 • Fax: 516-307-0960

**RESTRICTED LIQUID DIET INCLUDES: (NO RED or PURPLE PLEASE!)**

- Strained, pulp free fruit juices (apple, white grape, lemonade)
- Coffee or tea (no milk or creamer)
- Carbonated/non-carbonated soft drinks
- Kool-Aid or other fruit flavored drinks
- Plain Jell-O (no added toppings of fruit)
- Water
- Gatorade
- Popsicles
- Clear broth or bouillon
- NO dairy products or alcohol

---

[www.DigestiveCareNY.com](http://www.DigestiveCareNY.com)

30 Newbridge Road • Suite LL1 • East Meadow, NY 11554  
10 Medical Plaza • Suite 304 • Glen Cove, NY 11542  
Tel: 516-307-0980 • Fax: 516-307-0960