

Colonoscopy Prep – GoLytely/Colyte/NuLytely

Please read the following instructions carefully at least 7 days prior to your scheduled procedure. In order to visualize your colon properly, IT MUST BE CLEAN. It is absolutely necessary that you complete the following instructions, with NO changes, unless specified by your physician.

- **Be sure to fill your prescription for GoLytely/Colyte/NuLytely prep kit at least 2-3 days before your procedure.**
- **Please eat a low roughage diet for 2-3 days prior to your procedure (AVOID seeds, corn, raw vegetables etc).**

You will begin your Prep on the day prior to your procedure. Please follow the instructions below:

INSTRUCTIONS:

1. **SEVEN (7) DAYS BEFORE YOUR PROCEDURE, IF YOU TAKE BLOOD THINNER PRODUCTS:** follow the instructions for your blood thinner products as you were directed by your physician.
2. **IF YOU TAKE INSULIN PRODUCTS OR ORAL DIABETES PILLS:** Contact your physician to obtain specific directions for dosages on the day before and day of your procedure.
3. **THE DAY BEFORE YOUR EXAM** you may have a light breakfast. Canned fruits, or vegetables, boiled or poached eggs, white bread, hot cereals, yogurt, chicken, turkey, fish (NOT FRIED) and any clear liquids listed below.
 - Prepare the laxative solution the morning before your procedure as follows: If the powder is already in a one gallon container then add tap water to bring the total volume to one gallon. If the powder is not already in a gallon container mix powder and water in a one gallon container mix/shake well to dissolve and refrigerate.
 - **Take 2 Dulcolax laxative tablets at 12:00 noon**
 - Please have only clear liquids starting **for lunch or after breakfast and for the rest of the day**. You may not have any solid food, milk, or milk products after lunch and until after your procedure tomorrow. Clear liquids include any liquids you can hold up to the light and see through. For example: Chicken or beef broth, coffee (NO CREAM), tea, apple juice, white grape, white cranberry, Gatorade, soft drinks and Jell-O. **PLEASE AVOID ANYTHING THAT IS RED, BLUE OR PURPLE.**
 - Drink 2 liters of the prep solution rapidly **between 4 and 6 pm the night before your procedure**. Continue to drink clear liquids throughout the rest of the evening. The best way to do this is to drink 1 cup (8oz) every 10-15 minutes.
4. **THE MORNING OF YOUR PROCEDURE** drink the remaining 2 liters of the prep solution at least 4-5 hours prior to your scheduled procedure time. You may have an additional 16oz of clear liquid immediately following the laxative. After the remaining prep solution and the 16oz of clear liquid - **YOU MAY HAVE NOTHING BY MOUTH 4 HOURS PRIOR TO EXAM.**
 - Take your usual medications (especially heart and blood pressure medications) **up to 4 hours prior to the procedure**. It is OK to take aspirin up to and including the day of the procedure up to 4 hours prior to your procedure. Follow specific directions given by your physician regarding insulin, oral diabetes pills, and blood thinners.
 - **PLEASE NOTIFY HARMONY SURGERY CENTER AT 970-297-6303 IF YOU HAVE NOT HAD A BOWEL MOVEMENT BY THE MORNING OF YOUR PROCEDURE.**