

INSTRUCTIONS FOR NULYTELY/GOLYTELY PREP

- Your procedure is scheduled at **our Endoscopy Center/OMH** on _____ at _____
You should expect to be at the endoscopy center for about 2 to 2 1/2 hours.
- Obtain your bowel prep products from your pharmacy using the prescription provided, and buy **Gas-X** from over-the counter. No prescription needed for Gas-X.
- If your test is scheduled for a morning DO NOT take any of your regular a.m medications(except inhalers and medicines for seizures) on the day of your test. You MAY TAKE your regular a.m medications if your test is scheduled for the afternoon. Continue to take your inhalers and seizure medications as prescribed by your physician. Bring your medication bottles along with you. Do not hesitate to call us with questions about your medications.
- **You will need specific instructions if you take Coumadin/Warfarin, Pradaxa, Xarelto, Eliquis, Savaysa, Plavix or other anticoagulants. Please let us know if you do take any of these medications.** You may need to be switched to a blood thinning shot. You can continue taking your aspirin.
- **Do not take your diabetic pills** the evening before and the morning of your test. You should only **take half the usual dose** of your **Insulin shot** the day before your test, and none on the morning of your test.
- In preparation for your procedure try to **eat less of foods high in fiber** for at least **5 days** before the procedure. Some foods to avoid include: bran, whole grain cereals, all beans, raw fruits and vegetables, potato skins, nuts, raisins, corn, seeds and popcorn(see diet sheet)

THE DAY BEFORE YOUR TEST(_____)

- In the morning prepare your **NuLyteLy/GolyteLy/Colyte** solution according to the instructions on the package and refrigerate.
- **Have a regular breakfast before 10am on _____.** Then start **CLEAR LIQUIDS, and continue until two hours before your test.** See attached list for clear liquid diet suggestions. **NO SOLID FOOD AFTER 10AM THE DAY BEFORE YOUR TEST**
- Drink 8oz of clear liquid every hour before you start your prep. This will help prevent dehydration.
- At 4p.m - Begin drinking NuLyteLy/GolyteLy/Colyte - **8 oz. every 10-15 minutes** until half of the gallon is consumed. This should take you 1hr 30mins to 1hr 45mins. (Rapidly drinking a glassful is better than sipping an ounce or two at a time). Place the rest of the solution in the refrigerator.
- **Take 2 Gas-X tablet with 8oz of clear liquid at 8pm**

THE DAY OF YOUR TEST()

On the day of your test at _____(5hours before your test) **Drink the remaining half of the solution 8oz every 10-15minutes.** You may have to wake up early to take this second dose. It is very important that you finish this second dose at most three hours before your test appointment to ensure effective preparation.

Take 2 Gas-X tablet immediately after finishing your prep solution.

- **You may continue with a clear liquid diet until 2 hours before your test.**
- **EAT NO SOLID FOOD.**
- **DO NOT DRINK OR EAT ANYTHING FOR 2 HOURS BEFORE YOUR TEST.**
- You may apply a petroleum based ointment or diaper rash ointment to the rectal area if you experience discomfort.
- YOU WILL NEED A **RESPONSIBLE ADULT** TO DRIVE YOU HOME AFTER YOUR PROCEDURE. PLAN ON TAKING THE WHOLE DAY OFF OF WORK/SCHOOL THE DAY OF YOUR PROCEDURE. IF YOU DECIDE TO RIDE THE **BUS OR TAXI**, A **RESPONSIBLE ADULT** SHOULD RIDE WITH YOU.
- Please call the office at **910 353-6158** if you have any questions regarding your prep or procedure.

PLEASE FOLLOW THE INSTRUCTIONS ABOVE TO ENSURE YOUR COLON IS CLEAN. WE MAY NEED TO REPEAT THE TEST IF YOUR COLON IS NOT CLEAN

You may have a friend/family member come with you for your procedure. Due to limited parking and sitting space we ask that you only come with one family or friend. Please arrange for someone to care for your children while you're at our surgery center. We appreciate your understanding with this policy.

PLEASE VISIT THE "PATIENT EDUCATION" SECTION ON OUR WEBSITE
www.eastcarolinagastro.com TO LEARN MORE ABOUT YOUR PROCEDURE