

## COLONOSCOPY PREP WITH SPLIT DOSE COLYTE/NULYTELY/GAVILYTE/GOLYTELY

**ONE WEEK BEFORE PROCEDURE** : Make sure to review instructions and pick up needed prescriptions or over-the-counter medications.

**AVOID** consuming corn, seeds, and nuts from this date on until your procedure is completed.

**PURCHASE** the following from your pharmacy or grocery store:

\* Colyte/Nulytely/Gavilyte/Golytely - script sent to your pharmacy electronically

**REVIEW** these instructions and the attached Medication Check List.

**DAY BEFORE PROCEDURE** : In the morning mix the Colyte/Nulytely/Gavilyte/Golytely with water and chill.

### **NO SOLID FOODS OR DAIRY PRODUCTS TODAY**

**CLEAR LIQUIDS ONLY TODAY** (anything you can see through)

**Examples include:** water, broth, black tea or coffee (no creamer), clear juice without pulp such as apple or white grape, jello, clear soda such as Sprite or Ginger-ale, clear Ensure or Pedialyte, popsicles, sorbet, hard candy, Gatorade and other sport drinks. **Avoid red or purple colored liquids.** No alcoholic beverages. Be aware that carbonated beverages may cause bloating.

**At 5:00pm** - Begin drinking the Colyte/Nulytely/Gavilyte/Golytely solution. Drink an 8 oz. glass every 10-15 minutes. **Only drink 1/2 the container.** Bloating, nausea, and chills are not uncommon. This should subside once bowel movements begin.

### **BE SURE TO DRINK PLENTY OF CLEAR LIQUIDS WHILE PREPPING FOR THE PROCEDURE.**

Some patients do experience nausea and/or vomiting while preparing for this procedure. If this happens, you may need to take a short break from drinking the mixture. **It is essential to complete your entire prep.** Bowel movements are not predictable - don't worry if it takes several hours after you drink the first dose of the prep before you have bowel movements.

### **DAY OF PROCEDURE** :

**At 5:00am** - Finish drinking the remainder of the solution. Drink an 8 oz. glass every 10-15 minutes.

**\*\*\*Nothing by mouth 4 hours before colonoscopy. This includes gum, mints, cough drops and liquids.**

- Wear comfortable clothes. Do not wear contacts.
- Female patients under the age of 50 will be required to provide a urine sample for pregnancy testing

**If you have any questions, please refer to our website, [www.gastrowny.com](http://www.gastrowny.com).**