

North Shore Digestive Medicine, P.C.
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COLONOSCOPY WITH GOLYTELY (GAVILYTE) & NULYTELY INSTRUCTIONS

PLEASE ARRIVE ONE HOUR BEFORE YOUR SCHEDULED PROCEDURE TIME!
DO NOT EAT ANY SOLID FOOD THE ENTIRE DAY BEFORE YOUR PROCEDURE!

You will need to pick up your preparation kit from your local pharmacy a few days before your procedure.

Confirm your ride arrangements. You must have a responsible adult over the age of 18 accompany you home. **You may not drive home from the procedure or for the next 24 hours.**

Please bring your completed medication reconciliation form. This was given to you the day you scheduled your procedure.

If you take **Coumadin, Plavix, Lovenox or any other anti-coagulant medication (blood thinner)** you will need approval from your primary care physician, hematologist, or your cardiologist before stopping the medication prior to your procedure. Keep taking your blood pressure medication and any other medication.

If you are **diabetic on insulin or oral medication**, you should have received special instructions on what to do with your medications the day before and the morning of your procedure. Please contact the office if you have any questions.

We must know if you have an **implanted defibrillator(AICD), pacemaker, or artificial heart valve**. If you have not already done so, please contact the office with this information.

THE DAY BEFORE YOUR PROCEDURE:

The day before your procedure, you may only drink clear liquids for the entire day. (NOTHING TO EAT AT ALL THE DAY BEFORE YOUR PROCEDURE). Clear liquids include black coffee, tea, ginger ale, cola, sprite, gatorade (no red, blue, or purple), clear broth (chicken or beef), juices without pulp, iced tea, jello, ice pops and italian ices. **NOTHING RED, PURPLE, OR BLUE!** No milk products. No gum or candy allowed. Please drink plenty of fluids. It is very important to stay hydrated while you are prepping.

In the morning (the day before your procedure), mix the prep according to the directions. Do not add additional flavorings or ingredients. Refrigerate until ready to drink.

Start the Golytely/Nulytely preparation at 5 PM. Drink the 8 ounces of the prep every 15 minutes until you finish half the solution. You should be finished with half the solution at 6:00 PM. CONTINUE TO DRINK CLEAR LIQUIDS TO STAY HYDRATED.

THE DAY OF YOUR PROCEDURE:

STARTING SIX HOURS PRIOR TO YOUR SCHEDULED PROCEDURE TIME, start drinking the remaining 32 ounces of the Golytely/NuLyte solution. You should drink 8 ounces every 15 minutes finishing in one hour. You may continue to drink **ONLY WATER UP UNTIL 4 HOURS PRIOR TO YOUR SCHEDULED PROCEDURE TIME!! YOU MAY NOT HAVE ANYTHING BY MOUTH WITHIN FOUR HOURS OF YOUR PROCEDURE!**