



INSTRUCTIONS FOR COLONOSCOPY NuLYTELY®, GoLYTELY®, or CoLyte®

It is very important that your colon be clear of all waste material. You should have received a prescription for NuLYTELY®, GoLYTELY®, or CoLyte® and should have it filled by your local pharmacy several days before your colonoscopy. You may wish to Google NuLYTELY®, GoLYTELY®, or CoLyte® coupon for a Drug Company savings voucher.

It is important that you read the entire instruction sheet **BEFORE** you begin using the NuLYTELY®, GoLYTELY®, or CoLyte® prep.

THE DAY BEFORE YOUR EXAM:

- Start a clear liquid diet **ONLY**
- **DO NOT** eat or drink any dairy products
- **DO NOT** eat or drink anything colored red or purple (red or purple tented liquids will look like blood during your colonoscopy)
- **DO NOT** drink alcoholic beverages

FOLLOWING LIQUIDS ARE OK TO DRINK



Water



Strained fruit juices (without pulp) including apple, orange, white grape, or white cranberry



Limeade or Lemonade (sugar free)



Coffee or tea. **DO NOT** use any dairy, non-dairy creamer, or sugar



Chicken, Beef, Vegetable broth or bullion



Sugar free Gelatin desserts without added fruit or toppings (**NO RED OR PURPLE**)



Low Calorie Gatorade or Sports Drink



Sugar Free Popsicles



Diet 7up / Diet Sprite

When to take NuLYTELY®, GoLYTELY®, or CoLyte®

NuLYTELY®, GoLYTELY®, or CoLyte® is taken as a split dose (2-day) regimen. You will split the prep in half taking the first half evening before your colonoscopy and the other half 5 hours prior of your colonoscopy. It is important to drink the additional water as recommended in the Instructions for Use. Your doctor will tell you when it is time to begin to take each dose.

How to take the NuLYTELY®, GoLYTELY®, or CoLyte®:

- On the evening (5-6 PM) before your procedure (or when Dr. Hall tells you to begin), complete steps 1 through 4 using half of the solution
- 5 hours prior to your appointment, repeat step 3 using the remaining half of the solution.
 - This may mean you will have to get up very early in the morning.

IT IS IMPORTANT TO FOLLOW ALL THE STEPS BELOW COMPLETELY.

Step 1:

This product can be used with or without one of the flavor packs that comes with the bottle. If adding flavor, tear open flavor pack and pour contents into the bottle **BEFORE** reconstitution. Discard unused flavor packs.

Step 2:

Add lukewarm drinking water to top line on bottle. Cap the bottle and shake to dissolve the powder. The mixed solution will be clear and colorless. Do not add anything else, such as additional flavorings, to the solution. When reconstituted, keep solution refrigerated. However chilled solution is not recommended for infants. The reconstituted solution should be used within 48 hours. Discard unused portion.

Step 3:

Drink half ½ of the mixed solution at 8oz increments every 10-15 minutes

Step 4:

The first bowel movement usually occurs approximately 1 hour after you start drinking. If you have completed drinking half of the solution and have not had a bowel movement wait an additional 30 minutes. After the additional 30 minutes and you have still not had a bowel movement you may give yourself a fleet enema. A fleet enema may be purchased over the counter at any pharmacy.

AFTER SECOND HALF OF THE SOLUTION NO MORE LIQUIDS UNTIL AFTER COLONOSCOPY.

You may take your morning medications with a few sips of water,

EXCEPT FOR THE FOLLOWING:

- Diabetic medication*
- Blood Thinners^t COUMADIN, PLAVIX, ETC. (It is safe to stay on your Aspirin.)
- ADIPEX
- Medication that needs to be taken with food

***INSTRUCTIONS FOR DIABETIC MEDICATION:**

The day **BEFORE** your colonoscopy, in the morning only take ½ of your normal dosage (if you take a whole pill in the morning, only take ½ of a pill). Then take **NO MORE** diabetic medication until after the colonoscopy. This means you will not take any diabetic medicine the day of your colonoscopy.

INSTRUCTIONS FOR BLOOD THINNERS:

AFTER APPROVAL FROM YOUR CARDIOLOGIST(or whomever prescribes this medicine)! Stop your blood thinner (Coumadin, Plavix, Xarelto, Pradaxa, Effient, Brillianta, Eliquis, Ticlid, etc.) 5 days prior to procedure DO NOT DO THIS WITHOUT PERMISSION FIRST! IF YOU ARE NOT SURE IF YOU HAVE PERMISSION CALL DR.HALL'S OFFICE RIGHT AWAY!

If you have to take an **antibiotic** before you get your teeth worked on due to a heart valve problem or an artificial joint, **YOU SHOULD TAKE THIS WITH A SMALL SIP OF WATER 1 HOUR BEFORE YOUR ARRIVAL FOR THE COLONOSCOPY.**