**Granville Gastroenterology Associates**

103 Professional Park Dr.

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GoLytely/NuLytely - Colonoscopy Preparation Instructions

Procedure Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Arrival Time: The hospital will call you the day prior to procedure

Stop your blood thinner: 5-7 days prior (if applicable)

You will need someone to drive you home

• Your bowel prep prescription was sent to your

pharmacy at the time you scheduled your procedure.

**1 DAY PRIOR TO YOUR COLONOSCOPY**

Begin clear liquid diet: NO SOLID FOOD

List of examples:

Water, tea, coffee (no milk or creamers), clear fruit juices without pulp or cloudiness, soda

Gatorade, popsicles, and JELL-O (no red or purple)

Chicken broth

Avoid alcohol

PREP MIX:

* At 12 noon, mix lukewarm water into GoLytely/NuLytely container to the fill line put in the refrigerator to chill.
* 3:00 pm: Drink half of the GoLytely/NuLytely over 2 to 3 hours (one glass every 10 to 15 minutes). You may use a straw. *(Nausea and fullness are common, If you vomit during the prep wait 30minutes, try again, and go slower.)*
* 6:00 pm: You will take the 4 Dulcolax tablets prescribed to you and begin drinking the remaining half of the GoLytely/NuLytely over 2 to 3 hours. **You must finish entire gallon**.

**DAY OF YOUR COLONOSCOPY**

Take your regular morning medications at least 4 hours before your check in time.

You may not have anything by mouth including prep the 4 hours before check in.

No Food. No Drink. 4 hours.