

## Golytely/Nulytely/Colyte Bowel Preparation Instructions

### PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY

At any time should you have any questions about the instructions, please contact our office at (520) 327-3454 (during normal business hours) so a staff member can go over them with you.

### 5 DAYS BEFORE YOUR EXAM

- **STOP** taking all anticoagulants; Coumadin, Heparin, Lovenox, Plavix, Aggranox (if okay with your Primary Care physician or Cardiologist). If you must continue them, please let us know.
- **STOP** any bulking agents; Metamucil, Citrucel, Gemfibrozil, Ginseng, Ginkgo, Garlic tablets, Vitamin E, Multi Vitamins, & Iron supplements.

### 3 DAYS BEFORE YOUR EXAM

- **STOP** eating all nuts and seeds.

### DAY BEFORE YOUR EXAM – Clear liquid diet only after light breakfast.

- **Do not** take any oral diabetic medications the day before or the morning of your exam.
- **Insulin dependent diabetics** should take ½ the usual dose of Insulin the day before your exam and ½ the usual dose on the day of your exam. Continue to monitor blood sugar as usual.
- Take any heart and/or blood pressure medications as usual.
- **IN THE MORNING** mix the NULYTELY/GOLYTELY/COLYTE (1 gallon laxative) with water & refrigerate. If it is the unflavored powder & you wish to flavor the beverage, add Crystal Light powder (lemon or lime flavor) into the gallon mix.
- You may have a **light breakfast, prior to 9:00am** the day before your exam which may include any of the following items:
  - Any items from the “Clear Liquids Diet List”
  - One boiled or poached egg or a small portion (4 ounces) of skinless chicken, turkey or fish.
  - 1 piece of white toast – NO butter
  - One 8 oz. can of Ensure (**do not take Ensure Plus**)
- Drink as much of the **clear liquid diet** as you can throughout the day which includes; **Beverages-** Soft drinks (orange, ginger ale, cola, Sprite, 7-Up, etc.), Gatorade, Kool-Aide, strained fruit juices w/o pulp (apple, white grape, lemonade, etc.), water, tea, or coffee. **No** milk or non-dairy creamer. **No beverages that are red or purple in color.** **Soups-** Low sodium chicken or beef bouillon/broth. **Desserts-** Hard candies, Jell-O (lemon, lime, or orange; no fruit or toppings), or popsicles (no sherbets or fruit bars).
- **Lunch and Dinner ~ LIQUID DIET ONLY** Drink all the clear liquids you like. **NO SOLID FOOD.**
- **AT 5 PM ~** Start drinking the NULYTELY/GOLYTELY/COLYTE. **Drink only ½ of the 1 gallon laxative.**
- Refrigerate the remaining ½ gallon of laxative for tomorrow.
- Individual responses to laxatives vary. Remain close to a toilet, as multiple bowel movements will occur.

### DAY OF YOUR EXAM – Clear liquids only as directed. **NO** solid food until exam has been completed.

- Starting at \_\_\_\_\_ drink the remainder of the 1 gallon laxative within 2 hours.
- Take any heart and/or blood pressure medications as usual.
- **STOP DRINKING CLEAR LIQUIDS 2 HOURS PRIOR TO YOUR EXAM. Nothing after \_\_\_\_\_.**
- Please wear sensible shoes (NO heels) and comfortable clothing.
- **Please bring a list of your medications with you.**

**\*\*\*YOU MUST HAVE SOMEONE DRIVE YOU HOME AFTER YOUR EXAM. WE REQUEST THAT YOUR DRIVER REMAIN DURING YOUR EXAM\*\*\***

**\*\* Our facility doors open at 6:30am. Should you be scheduled for an early morning appointment, please plan your arrival accordingly.\*\***

Tucson Gastroenterology Specialists, PC  
3040 N. Swan Road, Ste B • Tucson, Arizona 85712  
Phone (520) 327-3454 Fax (520) 327-3431

[www.tucsongastro.com](http://www.tucsongastro.com)