



## NuLYTELY® and GoLYTELY® Colonoscopy prep

In order to achieve an accurate evaluation of your lower gastrointestinal (GI) tract, it is important that you properly prepare for the procedure. You **must** do your prep in split doses and at the specified times given. Doctors are able to obtain the clearest view of the bowel when it is flushed completely free of waste material. The thoroughness of this intestinal cleaning depends on you. Without your cooperation, the examination cannot accomplish its purpose and may have to be repeated.

The first bottle (or dose) is used to loosen everything up, the second bottle (or dose) is then used to wash the colon clean. Did you know that the colon continues to produce stool, even though you are not eating or drinking, therefore it is imperative you do the last dose at the appropriate time.

### **STOP prior to procedure**

- Plavix, Aggrenox, Brilinta, Effient, Cilostazol, Ozempic, Wegovy, Trulicity, Mounjaro, Bydureon, Zepbound, Semaglutide, Rybelsus, Victoza, Saxenda, Soliqua, Adlyxin, Byetta – **stop 7 days in advance**
- Coumadin – **stop 4 days in advance**
- Eliquis, Xarelto, Pradaxa – **stop 3 days in advance**


### **5 days prior**

- Do not take oral iron tablets.
- Do not consume any foods that contain seeds or nuts. These foods take longer to pass through the bowel and should be avoided.

**2 days before your procedure:** take 2 laxative tablets (Dulcolax, Ex-Lax) **OR** 1 bottle Magnesium Citrate at bedtime

The GoLyteLy/NuLyteLy solution should be mixed no sooner than 48 hours prior to its usage by adding tap water to the gallon level mark and shaking or stirring the solution until it is well mixed. You may add Crystal Light lemonade to individual glasses (*not the entire container*)

### **ON THE DAY BEFORE YOUR COLONOSCOPY:**

 **Stop** eating all solid food, and start hydrating by drinking clear liquids.

We ask that you avoid dark colored clear liquids (red, purple, or dark blue). NO milk products, NO vegetables, NO breads or grains, NO meats and NO fats or oils are allowed. By rule of thumb, a clear liquid is one that can be seen through. Some examples include juices without pulp, soda, chicken/beef/vegetable/bone broth, popsicles, Jell-O, Italian ice, tea, coffee, clear hard candy, etc.

**If you are diabetic, drink regular (non-diet) liquids in moderation throughout the day.**

→ **At 5:00 pm:** - Begin drinking 8 ounces of the prep every 10 to 15 minutes until you have completed drinking ½ the jug. Continue to drink your choice of clear liquids.

## Second dose of prep

→ **At Midnight:** You will get up and drink the other half of the prep. Drink 8 oz. of prep every 10-15 minutes until gone.

**NOTE:** We are aware of the inconvenience, but the two-stage prep provides a superior cleansing of the colon. It is normal to feel very “full” or “bloated” during your prep. Some people may also experience nausea and vomiting. If this occurs, simply wait about 30 minutes before resuming drinking. This will likely disappear once bowel movements begin. If your bowel movements are not clear or pale yellow after completing the prep, please call our office at (704) 978-1144 choose option 7

## On the day of your colonoscopy

1. You may only have WATER until \_\_\_\_\_ (3 hours prior) to your procedure
2. Take any currently prescribed heart and blood pressure medications (except for blood thinners as previously discussed), with a sip of water 2 hours prior to your procedure.
3. If you are diabetic: Do not take your diabetic medications (pills or insulin) the morning of your procedure. If you normally monitor your sugars at home, please check your blood sugar that morning. You may bring your medications with you to take after your procedure.
4. Please report to your appointment as scheduled. You will be there about 3-4 hours. Please be flexible with your arrival time, in case we have last minute cancellations.
5. **A driver must accompany you and remain on the premises.** You will be sedated. If your driver does not stay, your procedure will be canceled.
6. You may not drive or work for 24 hours after the procedure.
7. Do not wear makeup. Remove and leave all jewelry at home
8. **No chewing gum, hard candy or tobacco products the morning of your procedure.**

If you need to reschedule or cancel your procedure, we ask that you call within 48 hrs, so we can offer the time to another patient. Cancellations without a 48-hour notification may incur a charge. Please make every effort to keep this appointment (rescheduling would be for the next available and may be several weeks/months out). We can be reached at 704-978-1144 option # 7

~ Thank you for allowing us to take care of your GI health ~