


Golytely, Nulytely or Colyte

****Follow the instructions on this paper do not follow the instructions on the box****


5-7 DAYS PRIOR	3 DAYS PRIOR	ONE DAY PRIOR	THE DAY OF PROCEDURE
<p>Supplies</p> <ul style="list-style-type: none"> Golytely, Nulytely or Colyte Bowel prep prescription and Ondansetron (Zofran) prescription will be sent to: Gift Health Pharmacy 833-614-4438 Purchase Gas-X (Simethicone) tablets. The pink cherry flavor tablets are approved for use during prep.  <p>If you take medication to thin your blood such as:</p> <ul style="list-style-type: none"> Coumadin (Warfarin) Plavix (Clopidogrel) Xarelto (Rivaroxaban) Pradaxa (Dabigatran) Eliquis (Apixaban) Aggrenox (Aspirin/Dipyridamole) <p>Please ask the doctor who prescribes it for instructions on stopping it prior to the procedure.</p> <ul style="list-style-type: none"> Aspirin may be continued <p>STOP all fiber supplements or medications containing iron 7 days before your appointment. This includes.</p> <ul style="list-style-type: none"> Multivitamins Metamucil Citrucel Fibercon 	<p>STOP Consuming all high fiber foods/roughage.</p> <ul style="list-style-type: none"> NO Raw Vegetables NO Corn (Raw or Cooked) NO Whole Wheat or High Fiber Breads NO Nuts or Popcorn NO Bran or Bulking Agents <p>Confirm that you have a driver for the day of the procedure.</p> <p>A Taxi, Bus, Lyft or UBER are NOT allowed unless you are accompanied by a friend or family member. This is for your own safety.</p> <p>Review paperwork and sign the Multi-Authorization and Notice of Privacy Practices.</p>	<p>NO SOLID FOOD NO ALCOHOL CLEAR LIQUIDS ALL DAY AVOID ANYTHING RED OR PURPLE IN COLOR. NO MILK PRODUCTS OR NON-DAIRY CREAMER.</p> <p>(Please see attached list of approved clear liquids). Diabetics: Do not take oral medication DIABETA, GLUCOPHAGE, METFORMIN or JANUVIA.</p> <p>Take ½ your regular insulin dose.</p> <p>Step 1: At 3:00pm take 2 Ondansetron Tablets.</p> <p>Step 2: At 5:00pm the evening before your procedure, mix your prep per the instructions on the container. You may do this earlier in the day and place it in the fridge.</p> <p>Step 3: Set aside 16 oz of prep for tomorrow.</p> <p>Step 4: Begin drinking an 8oz glass every 20-30 minutes until the prep solution is gone.</p> <p>Individual responses may vary; this often works within 30 minutes but may take several hours</p> <p>YOU MAY CONTINUE CLEAR LIQUIDS THROUGHOUT THE REST OF THE EVENING AND NIGHT.</p>	<p>NO SOLID FOOD NO ALCOHOL</p> <p>DIABETICS: DO NOT take oral medication. If you are insulin dependent DO NOT take your morning dose of insulin. You must check your blood sugar level before leaving home. If your level is above 300, please take your regular insulin dose according to your sliding scale.</p> <p>Please bring insulin to the procedure center.</p> <p>You may take your morning meds with a sip of water (EXCLUDING Oral Diabetic meds unless instructed by your doctor.)</p> <p>At _____ (5 hours before your scheduled procedure time) drink the remaining 16 oz of prep. 8 oz every 20-30 mins.</p> <p>Take 2 Gas- X tablets</p> <p>You may continue on clear liquids until 2 HOURS prior to your procedure.</p> <p>STOP ALL LIQUIDS 2 HOURS PRIOR TO PROCEDURE.</p> <p>**Failing to do so may result in the cancellation of your procedure.**</p> <p>**NO gum, mints, hard candy, or tobacco products in these 2 hours.**</p> <p>If you are unsure of your colon cleansing instructions, Please Call: Akron Digestive Disease Consultants: 330-869-0124 The Gastroenterology Group 330-869-0954</p>

A Colonoscopy has been recommended to you. This examination involves guiding a tubular, flexible instrument through the rectum and into the entire colon. The preparation for the procedure is **IMPORTANT**. It does cause diarrhea and possibly abdominal cramping.

CLEAR LIQUIDS **No RED or PURPLE**

Must be something you can see through 






- Gatorade or PowerAde
- Clear broth or bouillon  chicken or beef
- Coffee or Tea (*no milk or non-dairy creamer*)
- Carbonated and Non-Carbonated Soft Drinks
- Kool-Aid or Crystal Light
- Strained Fruit Juices (*no pulp*)
- Jell-O, Popsicles, or Italian Ice

DON'T FORGET - these foods are **NOT ALLOWED!**



- Milk or milkshakes
- Cream or non-dairy creamer
- Orange, Grapefruit or Tomato Juice
- Creamed Soups or any soup other than broth
- Oatmeal
- Cream of Wheat

Colon Cleansing Tips

- ➡ You may use over the counter hydrocortisone creams, tucks pads or baby wipes as necessary for skin irritation. Be sure to get alcohol free!
- ➡ Chill the solution in refrigerator or by placing in a bowl of ice. **DO NOT** add ice to the solution.
- ➡ Stay near the toilet! You will have diarrhea, which can be quite sudden  this is normal!
- ➡ If you experience nausea or vomiting, rinse your mouth with water and take a break  Wait 45 minutes and then resume drinking the prep. If necessary, slow down, let your stomach settle between glasses.
- ➡ It is common to experience abdominal discomfort until the stool has flushed from your colon.
- ➡ Some find it easier to drink through a straw.
- ➡ Eventually your stools will be liquid, and clear enough to see the bottom of the toilet.
- ➡ If you feel for any reason your prep is not working, please be sure to call us so we can assist you in completing the prep process.
- ➡ **EVEN AFTER STOOLS BECOME CLEAR YELLOW LIQUID  YOU MUST COMPLETE ALL STEPS OF THE PREP!**

THINGS TO BRING WITH YOU!

- ✓ A RESPONSIBLE DRIVER
- ✓ YOUR INSURANCE CARDS
- ✓ A PHOTO ID
- ✓ SIGNED PAPERWORK FOR FACILITY