

**COLYTE/GOLYTELY/NULYTELY EXTENDED BOWEL PREP**

The following instructions are your physician’s specific instructions. Please follow these instructions carefully to ensure a successful prep.

You can reach Your Patient Advisor at **800.349.0285** | You can reach your physician’s office at **253.272.5127**

**Special Note:** If you are taking blood thinner medications, have a pacemaker or a defibrillator, call our office and speak to a nurse.

Seven (7) Days Prior to Procedure	Three (3) Days Prior to Procedure	Two (2) Days Prior to Procedure	One (1) Day Prior to Procedure	Day of Procedure
<p><b>Review your prep instructions thoroughly.</b></p> <p>Pick up your prescription at your pharmacy. <b>DO NOT</b> follow the instructions given by your pharmacy. <b>ONLY</b> follow the colon preparation instructions provided to you in this packet.</p> <p><b>STOP:</b> Using any iron and fiber supplements.</p> <p>If you are taking blood thinner medications, have a pacemaker or defibrillator, call our office and speak to a nurse.</p> <p>Continue your other medications.</p>	<p><b>STOP</b> eating any raw fruits, raw vegetables, or vegetables containing seeds, corn, popcorn, nuts, and seeds and stop any fiber supplements until after the procedure.</p> <p>If you have diabetes and are taking insulin, consult your diabetes physician for the correct dosage to take on the day of your exam.</p> <p>Purchase <b>*Clear Liquid diet</b> items.</p>	<p><b>NO FOOD 2 days before your procedure.</b> Follow the <b>*Clear Liquid diet</b> instructions. Drink plenty of water and liquids throughout the day to avoid dehydration.</p> <p><b>Prep at a Glance</b>  <b>6:00pm</b> - Begin drinking 64oz of the prep solution.</p> <p><b>Follow detailed, step-by-step instructions on page 3.</b></p> <p><b>YOU MUST ARRANGE A DRIVER WHO WILL STAY WITH YOU AND DRIVE YOU HOME.</b> Please inform your driver this will take about 2 hours.</p>	<p><b>NO FOOD</b> on the day before your procedure. Follow the <b>*Clear Liquid diet</b> instructions. Drink plenty of water and liquids throughout the day to avoid dehydration.</p> <p><b>Prep at a Glance</b>  <b>8:00am</b> - Begin drinking 64 oz of the prep solution.  <b>6:00pm</b> - Begin drinking the 64oz of prep solution</p> <p><b>Follow detailed, step-by-step instructions on page 3.</b></p> <p><b>NO USE OF MARIJUANA</b> (THC products) 12 hours prior to your procedure.</p>	<p><b>NO FOOD</b> on the day of your procedure. Follow the <b>*Clear Liquid diet</b> instructions.</p> <p>Begin drinking the 64oz of prep solution.</p> <p>If you take daily medication, you may take it with <b>SMALL SIPS OF WATER ONLY</b>, at least 3 hours before your procedure.</p> <p>You may brush your teeth but do not swallow.</p> <p><b>DO NOT USE</b> chewing tobacco, gum, lozenges, candy or breath mints.</p>

**\*CLEAR LIQUID DIET DETAILS: NO RED OR PURPLE. NO DAIRY.**

**Approved**

- Sodas, black coffee, tea, water
- Clear juices (no pulp), fitness waters
- Popsicles
- Low sodium chicken, vegetable and beef broth
- Gelatin

**Avoid**

- No milk, dairy, creamer
- No juices with pulp
- No RED or PURPLE
- No food pieces

## FREQUENTLY ASKED QUESTIONS

### **What is a clear stool?**

A clear stool can have a slight tint of yellow or brown. It will be completely transparent, and will not contain any solid matter. The bottom of the toilet can be seen through clear stool.

### **I am not having bowel movements, what should I do?**

Bowel movements can take up to 5-6 hours to start after beginning the prep. Be patient, and continue to drink liquids. In rare instances, the bowel prep may not have the desired effect. If you are not having a bowel movement after the first half of your prep, please continue to drink fluids and carry on with drinking the second portion. If you have completed both portions of your prep and have still not had a bowel movement, please call our offices during business hours to discuss rescheduling.

### **The prep is making me nauseous, what should I do?**

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are unable to finish the preparation, stop the preparation and call your physician's office for further instructions.

### **What are some high fiber foods I should avoid?**

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads, beans and lentils.

### **What are some good options for low fiber foods?**

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour. Chicken, fish, dairy, and eggs are also low in fiber and good choices for foods 2-3 days before you begin your prep.

### **If I eat popcorn or seeds 3 days before my procedure, do I need to reschedule?**

You will not need to reschedule your procedure, however the seeds or nuts may cause a difficulty in screening and require a need for re-screening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.

### **Can I drink alcohol on the liquid diet?**

Alcohol is not allowed as part of the liquid diet.

### **Can I continue to be on the liquid diet after I begin consuming the laxatives?**

Yes, we encourage you to continue the liquid diet until you are directed to discontinue anything by mouth, which is typically **three (3) hours** before the procedure.

### **Why do I have to wake up so early for the second dose, can't I take it all the night before?**

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

### **If I weigh under 100 pounds, do I need to take all of the prep?**

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.

**TWO DAYS BEFORE YOUR PROCEDURE**

**NO FOOD until after your procedure.** Drink plenty of water throughout the day to avoid dehydration.

**1**

**The morning two days prior to your procedure**

- Prepare mix by adding drinking water to the indicated line (4 liters) near the top of the gallon jug. Shake until powder is mixed with the liquid and chill in the refrigerator. Solution **MAY NOT** be mixed with any other drink and **MUST BE** used within 24 hours after mixing.

**2**

**6pm two days prior to your procedure**

- Drink an 8oz glass of the solution every 5-10 minutes until you have finished drinking **HALF OF THE MIXTURE (64oz)**. You may mix each glass with fresh lemon juice, Crystal Light powder, sugar free Kool Aid powder or sugar substitute to help with the taste. Do not add any product containing sugar as this may alter the quality of the prep.
- **Shake the container before pouring each dose.**
- After completing this portion of the preparation, continue the **\*Clear Liquid diet**.

*Individual responses to laxatives vary. The prep often works within 30-60 minutes. Remain close to the toilet, as multiple bowel movements will occur.*

**THE DAY BEFORE YOUR PROCEDURE**

**NO FOOD until after your procedure.** Drink plenty of water throughout the day to avoid dehydration.

**3**

**8am the day prior to your procedure**

- Finish the second half of the preparation solution from the night before. Follow the same instructions as the previous night, once again remaining close to the toilet, as multiple bowel movements will occur.
- **Shake the container before pouring each dose.**
- After completing this portion of the preparation, continue the **\*Clear Liquid diet**.

**4**

**The morning the day prior to your procedure**

- Begin mixing the second gallon of prep mix by adding drinking water to the indicated line (4 liters) near the top of the gallon jug. Shake until powder is mixed with the liquid and chill in the refrigerator. Solution **MAY NOT** be mixed with any other drink and **MUST BE** used within 24 hours after mixing.

5

**6pm** the evening prior to your procedure

- Drink and 8oz glass of the solution every 5-10 minutes until you have finished drinking **HALF THE MIXTURE (64oz)**.
- **Shake the container before pouring each dose.**
- After completing this portion of the preparation, continue the **\*Clear Liquid diet**.

### THE DAY OF YOUR PROCEDURE

**NO FOOD until after your procedure.** Drink plenty of water throughout the day to avoid dehydration.

**Do not use marijuana (THC products)**

6

**5 hours prior to your procedure**

- Finish the second half of the preparation solution from the night before. Follow the same instructions as the previous night, once again remaining close to the toilet, as multiple bowel movements will occur.

- **Shake the container before pouring each dose.**

*\*Prep must be completed no later than **3 hours** prior to your procedure.*

- After completing the preparation, you may continue a **\*Clear Liquid diet** until **3 hours** before your colonoscopy appointment. After that, nothing by mouth until after your exam. **DO NOT** use chewing tobacco, gum, lozenges, candy or breath mints.
- If you regularly take medications in the morning, take it at least **3 hours** before your colonoscopy with a small amount of water.

*You should be passing clear stool.*

### THE DAY OF THE PROCEDURE

#### **3 Hours before your procedure**

- Nothing by mouth
- Nothing to eat or drink until after your procedure
- Do not use chewing tobacco, gum, lozenges, candy or breath mints
- If you take daily medication, you may take it with small sips of water only, at least 3 hours before your procedure
- Do not wear perfume or cologne

### ON THE DAY OF YOUR PROCEDURE, PLEASE BRING

- **Insurance card(s)** - you will be asked to present your insurance card(s) at EVERY visit to our office
- **Photo ID** - photo identification is now required by Federal Regulation to prevent identity theft; you will be asked to present photo identification at EVERY visit to our office
- **Inhaler** - we ask that you bring your inhaler if you use one
- **Patient Interview Form** - we ask that you complete this form, which is enclosed in this packet, and bring it with you to your appointment

**Please remember a driver needs to check in with you on your procedure day to drive you home after your procedure and assist you with follow up care.** This takes approximately 2 hours. You will **not** be able to drive a car, operate any machinery or go to work until the following day.

*Failure to bring your completed forms, photo identification, insurance card(s), your co-payment, and a driver may result in your appointment being rescheduled.*

If you have any questions or concerns about the preparation, please contact Your Patient Advisor at 800.349.0285 or [support@yourpatientadvisor.com](mailto:support@yourpatientadvisor.com).