

PREPARATIONS FOR COLONOSCOPY WITH PEG SOLUTION (GO-LYTELY, COLYTE, NU-LYTELY)

Supplies needed from pharmacy

- One 4 liter (one gallon) container with preparation powder (requires written prescription given to you by your physician)

If you take coumadin or warfarin, or if you have an artificial heart valve or defibrillator contact the office before you begin this prep. Do not take aspirin for five days prior to your procedure. If you are on diabetic medication or anti-hypertensive (blood pressure) medication, contact your primary care doctor or family doctor for instructions regarding what to do about this medication while you are preparing for colonoscopy.

THE DAY BEFORE COLONOSCOPY APPOINTMENT:

1. Drink only clear liquids for breakfast, lunch, and dinner. (NO solid foods, milk, or milk products.) See attached for approved liquids.
2. Drink plenty of clear fluids.
3. Mix the bottle of preparation powder (GoLyteLy, Colyte, or NuLyteLy) with water according to the package instructions. This fluid is easier to drink when it is cool, so store it in the refrigerator after it is prepared.
4. Starting at 2-5 PM (based on your convenience), drink the entire container of preparation solution over a 3-4 hour time period. You will develop diarrhea, so be sure to have access to a bathroom after you begin drinking the preparation solution. If the liquid is too salty for your taste, you can dilute it by mixing $\frac{3}{4}$ of a glass of preparation solution with $\frac{1}{4}$ glass of ginger ale, sprite, or apple juice.
5. Be sure to finish drinking the preparation solution by 10 PM.

THE MORNING OF YOUR COLONOSCOPY APPOINTMENT:

1. You can continue to drink clear liquids up to 6 hours prior to your colonoscopy appointment.
2. Arrive 30 minutes BEFORE your appointment time so that you have time to complete paperwork and have the IV placed for the sedative medication.

CLEAR LIQUID DIET:

- Broth (fat free)
- Bouillon
- Carbonated beverages (Sprite, 7-Up, Coke, Pepsi, Dr. Pepper, etc.)
- Coffee, regular or decaf (NO creamer)
- Fruit juice (pulpless)
- Jell-O (NO red, orange or purple)
- Popsicles (NO red, orange, or purple)
- Tea
- Gatorade (NO red, orange, or purple)
- Crystal Light

You should not have cream soups or any liquid with pulp. You should not have ice cream or sherbet. No solid food of any kind.

