



Colyte / Golytely / Nulytely Colonoscopy Preparation Instructions

APPOINTMENT DATE: _____

ARRIVAL TIME: _____

Items to Purchase

- One (1) gallon of prescription prep solution
- Four (4) Dulcolax (Bisacodyl) 5mg oral laxative tablets (no prescription needed)

Reminders

- **Transportation:** Due to the sedation you will receive, someone at least 18 years of age MUST bring you to your appointment, remain in the waiting area during the entire time of your procedure, and drive you home afterwards. A taxi or bus is NOT an acceptable form of transportation. **Failure to arrange proper transportation may result in your procedure being rescheduled.**
- A thorough cleansing is essential to a successful exam. Please follow these instructions carefully, as **improper preparation may result in your procedure being rescheduled.**
- Contact our office at **(336) 448-2427 (option 6, then option 2)** if you have questions about your prep or if there are any changes in your medical history between the day of scheduling and the appointment date.
- We require a notice of 2 business days if there is a need for change or cancellation of your procedure.
- Please leave all jewelry and valuables at home, as we do not provide a secure area for these items.

Medications

- Take any necessary medications at least **4 hours prior** to your arrival time.
- **Diabetes:** Contact the prescribing physician regarding instructions for diabetic medication the day before and the day of the procedure. **DO NOT TAKE oral** diabetic medication the day of the procedure.
- **Blood Pressure:** **DO NOT SKIP** any doses of your blood pressure medication.
- **Iron:** **STOP** taking iron 5 days before your procedure.
- **Inhalers and Nebulizers:** May be used up to the time of your procedure.
- **Blood Thinners:** Please contact the prescribing physician to make sure it is okay to stop these medications for the recommended number of days prior to your procedure. If you are on a blood thinner that is not listed below, please contact the prescribing physician for instructions. You may remain on aspirin unless otherwise instructed.

Xarelto	24-48 hours		Pletal / Persantine	2 days		Aggrenox / Plavix	5 - 7 days
Eliquis	48 hours		Brilinta / Coumadin / Jantoven	5 days		Effient	7 days

2 Days Before Procedure

- ✓ Eat a well-balanced diet. Avoid nuts, seeds, popcorn, raw fruits and vegetables and salads.

Day Before Procedure

- ✓ **Begin a clear liquid diet. DO NOT consume anything red in color OR dairy products.**
Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc.
- ✓ Mix the gallon of prep solution and chill in the refrigerator until time to begin the prep.
- ✓ **2:00 pm:** Take four (4) Dulcolax 5mg tablets with water.
- ✓ **4:00 pm:** Begin drinking 8oz of the prep solution every 15-30 minutes until one half (1/2) of the solution is gone.
If you become nauseated, stop the prep for 45 minutes then resume.

Day of Procedure

- ✓ Continue a clear liquid diet.
- ✓ **6 hours prior to arrival time:** Over the next 2 hours, drink the remaining half of the prep solution.
- ✓ **4 hours prior to arrival time:** Take any necessary medications.
You should be finished drinking the prep solution.
ABSOLUTELY NOTHING ELSE BY MOUTH AFTER THIS TIME! (This includes water.)