

IMPORTANT FOR YOUR OWN SAFETY

INSTRUCTIONS MUST BE FOLLOWED OR YOUR PROCEDURE WILL BE RESCHEDULED!

ITEMS YOU WILL NEED:

- **Colyte/Golytely/Nulytely** prescription. Pick up from your pharmacy within 7 days. **Do not follow the instructions on the prescription box.**
- **Clear liquids** including broth and/or Gatorade (see list on back page).

MEDICATIONS AND FOOD YOU ARE REQUIRED TO HOLD:

- **Blood Thinning Medication:** Hold _____ days prior to your procedure.
After getting approval from prescribing physician discontinue all blood thinning medications (Aggrenox, Arixtra, Coumadin, Effient, Pradaxa, Warfarin, etc.)
- **Diabetes Medication:** Other than medications listed below, take one half the usual dose the day prior to procedure and omit day of procedure.
- **GLP-1 Medication (Diabetic/Weight Loss):**
 - Hold one day prior to procedure if on daily dosing.
 - Hold 7 days prior to procedure if on weekly dosing.If for diabetic management, may need to consult with your endocrinologist. (Trulicity, Byetta, Bydureon/Exenatide, Ozempic/Wegovy, Rybelsus/Semaglutide, Victoza, Saxenda, Adlyxin, etc.)
- **Oil Capsules, Iron Supplements (Ferrous Sulfate), Nuts, Seeds, and Corn:** Hold 5 days prior to your procedure.

MEDICATIONS YOU ARE REQUIRED TO TAKE:

- Heart, blood pressure, seizure, asthma medications must be taken 4 hours prior to your procedure with a sip (less than 1 oz) of clear liquid.

ONE DAY PRIOR TO YOUR PROCEDURE: Clear liquids only - NO SOLID FOOD

Colyte/Golytely/Nulytely – Pick up from Pharmacy

1. If adding flavor, tear open flavor pack and pour contents into the bottle BEFORE adding water.
Discard unused flavor packs.
- 2 Add lukewarm drinking water to top line on bottle. Cap the bottle and shake to dissolve the powder.
The mixed solution will be clear and colorless. At this point do not add anything else to bottle of solution. When reconstituted, keep solution refrigerated. Use within 48 hours.
3. At 5:00pm begin drinking 8 oz every 15-30 minutes until you have finished half of the preparation.
The first bowel movement usually occurs approximately 1 hour after you start drinking Colyte/Golytely/Nulytely.

MORNING OF PROCEDURE

7 hours before your procedure, shake the bottle of Colyte/Golytely/Nulytely and repeat step 3 using the remaining bottle.

- **SOMEONE ELSE MUST BE AVAILABLE TO DRIVE YOU HOME**
- **NOTIFY OUR OFFICE IF YOU HAVE ANY PENDING OR UPCOMING HEART TESTING OR THERE HAS BEEN A CHANGE IN YOUR HEALTH OR MEDICATIONS SINCE SCHEDULING YOUR PROCEDURE**

Nothing by mouth after _____ day of exam.
OVER

APPROVED CLEAR LIQUIDS (NO ALCOHOL)

Allowed up to 7 hour prior to procedure

- Clear Protein / Nutritional Drinks (Ensure Clear, Protein2o, Premier Protein Clear, etc)

Allowed up to 4 hour prior to procedure

- Fruit juices without pulp (apple, grape, cranberry, etc.)
- Coffee or Tea (without milk or non-dairy creamer.)
- Jell-O (No **RED** Jell-O)
- Clear broth or bouillon (beef or chicken.)
- Sport Drinks (Gatorade, Powerade, etc.)
- Kool-Aid
- Soft Drinks (all Pepsi & Coke products.)
- Popsicles
- Water

How do I know if my prep is working after drinking the second half? Look at your stool!

- Your prep is working if the output is clear (able to see the bottom of the toilet bowl). The output may be yellow and clear like urine or a light orange and almost clear (no solid pieces).
- The prep may not be adequate and you should contact the office if the output is dark orange and somewhat clear or brown and murky (unable to see the bottom of the toilet bowl).
- Your procedure could be rescheduled or delayed if you are not prepped properly. If you are not sure that your prep is working, please call (541)779-8367.

Post Procedure

- If biopsies are taken during your procedure you will receive a results letter in about 2 weeks.
- If normal, the doctor will inform you of that after the procedure and a copy of the report will be given to you at that time. A copy will also be sent to your primary care provider.
- If you are still having symptoms discussed at your consult appointment please call our office @ 541-779-8367 option 1 to schedule a follow up appointment.
- **For post procedure complications please refer to the instructions in the handout given to you by the facility.**