



INSTRUCTIONS FOR COLONOSCOPY WITH COLYTE/ NULYTELY/GOLYTELY

Day before examination:

1. Mix Colyte / Nulytely / Golytely and refrigerate.
2. Drink only "**clear liquids**" for **breakfast, lunch, and dinner**. (Solid foods, milk, or milk products are NOT allowed.)

Clear liquids include:

- 1 strained fruit juices without pulp (apple, white grape juice or lemonade)
 - 2 water , clear broth or bullion and coffee or tea (without milk or non-dairy creamer)
 - 1 All of the following that are **NOT colored red or purple**:
 - 3 Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, or other fruit flavored
 - 4 drinks
 - 5 plain Jell-O (without added fruits or toppings)
- Ice popsicles

EVENING:

1. Start drinking ½ of the Colyte / Nulytely / Golytely preparation at **4:00 p.m.**
2. Drink a large glass of Colyte / Nulytely (8 oz.) every 10 minutes until you have completed half of the prep. It is best to drink the whole glass rapidly, rather than sipping small amounts continuously.
3. If you start getting nauseated, stop for 15 mins then resume taking prep at a slower pace.
4. Bowel movements should occur about 1/2 hour after the first glass of Colyte / Nulytely.
5. **At 10 pm** continue drinking the rest of the preparation until it is finished.
6. Bowel movements will continue periodically for approximately 1-2 hours after you finish drinking the last glass. By this time, the stool liquid should be clear.
7. Feelings of bloating and/or nausea are common after the first few glasses of Colyte / Nulytely /Golytely because of the large volume of fluid ingested. This is temporary, however, and will disappear once bowel movements begin.

NOTE -Individual responses to laxatives do vary: this prep may cause multiple bowel movements. It often works within 30 minutes, but may take as long as three hours.

DO NOT EAT ANY SOLID FOOD UNTIL THE EXAMINATION IS COMPLETED.

YOU MAY HAVE CLEAR LIQUIDS UP UNTIL MIDNIGHT.

ABSOLUTELY NOTHING AFTER MIDNIGHT UNLESS OTHERWISE DIRECTED.

YOU MUST AVOID IRON FOR ONE WEEK PRIOR TO THE EXAM!!!