

**INSTRUCTIONS FOR COLONOSCOPY WITH COLYTE/ NULYTELY/GOLYTELY
FOR PATIENTS SCHEDULED 1230 PM OR LATER ONLY (SPLIT DOSE)**

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 **8:00 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.

MORNING OF PROCEDURE:

1. **At 5 am the day of your procedure**, continue drinking the rest of the preparation. Follow the same instructions as above. You have to complete all the prep by **7 AM**.

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. 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.

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

YOU MAY HAVE CLEAR LIQUIDS UP UNTIL 7 AM.

ABSOLUTELY NOTHING AFTER 7AM UNLESS OTHERWISE DIRECTED.

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