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Colonoscopy with GOLYTELY/NULYTELY for Patients Scheduled in the Afternoon

YOU MUST HAVE SOMEONE DRIVE YOU HOME FROM THIS PROCEDURE DUE TO THE EFFECTS OF ANESTHESIA

NJ State Law will consider you intoxicated if you drive following anesthesia.

****Absolutely NO exceptions will be made. If you plan to drive home, you will not be receiving anesthesia****

ONE DAY BEFORE THE PROCEDURE:

You may have a light and low fiber breakfast by 10am. After 10am you will be on a CLEAR liquid diet throughout the day. Avoid ALL liquids that are RED in color. Avoid all dairy products and juices with pulp such as orange and grapefruit juice.

Clear liquids include:

- Soups: Clear broth, such as chicken, vegetable and beef or consommé.
- Juices: White cranberry, white grape, apple, strained limeade and lemonade, orange (ALL NO PULP)
- Beverages: Tea, coffee, sugar, Kool-Aid, diet and regular soda (any flavor), Vitamin Water, Gatorade, sportsdrinks, and regular water, NOT RED in color. Remember no cream or milk in tea and coffee.
- Desserts: Water ices, Italian ices, Popsicles, Jell-O any flavor –

NOTHING RED IN COLOR IS IMPORTANT YOU DRINK AS MUCH FLUID

AS YOU CAN THROUGHOUT THE DAY!

GOLYTELY/NULYTELY by PRESCRIPTION ONLY

GOLYTELY/NULYTELY IS IN A 4-LITER BOTTLE AND 1 GALLON POWDER PACKET (FOR RECONSTITUTION TO 1 GALLON).

You will be splitting up the dose into two parts. The first half gallon is to be completed the evening before the procedure and the second half will be completed the day of the procedure. The entire prep must be completed at least 4 hours prior to your scheduled colonoscopy.

****Once reconstituted, the solution must be finished within 48 hours. ****

DAY PRIOR TO THE PROCEDURE:

AT 8PM, START DRINKING THE GOLYTELY/NULYTELY. FOLLOW THE DIRECTIONS FOR MIXING. DRINK 1 GLASS EVERY 15 MINUTES UNTIL YOU HAVE COMPLETED HALF OF THE

GALLON (approx. 2 LITERS).

DAY OF PROCEDURE: (please refer to the split dose prep section on page 2)

AT _____ A.M., BEGIN THE SECOND HALF OF THE RECONSTITUTED MIXTURE.
DRINK 1 GLASS EVERY 15MINUTES UNTIL THE ENTIRE GALLON IS COMPLETED. YOU
MUST FINISH THE PREP AND ANY ADDITIONAL FLUID BY _____.

*IT USUALLY TAKES ABOUT AN HOUR TO BEGIN TO HAVE A BOWEL MOVEMENT. YOU MAY
NOTICE SOME BLOATING OR CRAMPING AT THE BEGINNING OF THIS PREP, WHICH USUALLY,
GRADUALLY IMPROVES ONCE THE BOWEL MOVEMENTS BEGIN.

YOU MAY CONTINUE TO DRINK CLEAR LIQUIDS UP UNTIL 4 HOURS PRIOR TO
PROCEDURE TIME. THEN, DO NOT EAT OR DRINK ANYTHING, NOT EVEN WATER!!!

If you are taking blood thinning medications, such as aspirin, Coumadin, Plavix, Lovenox, Effient, Pradaxa, Arixtra, Brilinta, Aggrenox, Eliquis, or any anti-inflammatory drugs, such as Celebrex, Aleve, or Motrin, they may have to be discontinued up to 7 days prior to your procedure. Consult your prescribing physician about those and medication for diabetes. Do not stop any medications without consulting your prescribing physician. Please discontinue vitamin E and any iron supplements you may be taking 7 days prior to your procedure. You CAN take your blood pressure and/or anti-seizure medications with a sip of water on the morning of your procedure. Please inform us if you have a defibrillator with the company/brand name.

You may have a low fiber breakfast on the day prior to your procedure. (No later than 10 a.m.)

Low fiber diet includes:

- White bread
- without nuts
- and seeds
- white crackers
- Pancakes/waffles made from white flour
- Butter, margarine, oil, and
- dressings without seed
- eggs
- Fruit juice with no pulp

Avoid:

- Whole wheat and whole grain breads,
- cereals, and pastas

Brown and wild rice, whole grain oats, kasha, barley, and quinoa
Prune juice and dried fruits
Raw fruits and vegetables
Dried beans, peas, and lentils
Seeds and nuts
Coconut
Popcorn

SPLIT DOSE PREP INSTRUCTIONS FOR AFTERNOON PROCEDURES:

If your procedure is scheduled for:	Second dose of GOLYTELY/NULYTELY that is taken the day of procedure (a) is started at:	Must finish the prep by: latest you can have anything to eat or drink including water:
1 P. M.	7:30 A. M.	9 A. M.
1:30 P. M.	8 A. M.	9:30 A. M.
2 P. M.	8:30 A. M.	10 A. M.
2:30 P. M.	9 A. M.	10:30 A. M.
3 P. M.	9:30 A. M.	11 A. M.
3:30 P. M.	10 A. M.	11:30 A. M.

4 HOURS PRIOR TO PROCEDURE: DO NOT EAT OR DRINK ANYTHING, NOT EVEN WATER!!!