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Colonoscopy with GOLYTELY/NULYTELY

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:

Have 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.

Beverages: Tea, coffee, sugar, Kool-Aid, diet and regular soda (any flavor), Vitamin Water,

Gatorade, sports drinks, and regular water, NOT RED in color. Remember no

cream or milk in tea/coffee

Desserts: Water ices, Italian ices, Popsicles, Jell-O any flavor –

NOTHING RED IN COLOR IT 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).

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

DAY PRIOR TO THE PROCEDURE, AT 5PM, START DRINKING THE GOLYTELY/NULYTELY. FOLLOW THE DIRECTIONS FOR MIXING. DRINK 1 GLASS EVERY 15 MINUTES. FINISH DRINKING THE GALLON IN 2 HOURS.

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

YOU MAY CONTINUE TO DRINK CLEAR LIQUIDS UP UNTIL MIDNIGHT.

DO NOT EAT OR DRINK

ANYTHING AFTER MIDNIGHT! DAY OF

PROCEDURE:

DO NOT EAT OR DRINK ANYTHING, NOT EVEN WATER!!!

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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.