2-Day Golytely (Colyte, Nulytely)

Instructions for Your Colonoscopy

Please read these instructions carefully at least 7 days before your colonoscopy.

You must flush the bowel totally of waste so that the doctor can have a clear view and do a thorough exam. Without your efforts, we may have to repeat the exam.

Important: Follow these directions exactly and complete all steps before the exam.

Getting ready

☐ A nurse will call you 1 week before your exam. At this time, you may choose a pharmacy for pick-up of the Golytely.

☐ You must arrange for an adult to drive you home after your exam. Your colonoscopy cannot be done unless you have a ride. If you need to use public transportation, someone must ride with you.

☐ Check with your insurance company to be sure they will cover this exam.

7 days before the exam (Date) __________

- Talk to your doctor: If you take blood-thinners (such as Coumadin, Plavix, Xarelto), your prescription or schedule may need to change before the test.

- Stop taking: fiber supplements, multi-vitamins with iron, and medicines that contain iron.

- Continue taking prescribed aspirin; talk to your prescribing doctor with any concerns.

- Stop eating nuts and seeds. These can stay in the colon for days.

- If you have diabetes: Ask to have your exam early in the morning. Also, ask your doctor if you should change your diet or medicines.

- Go to the drugstore and buy:
  - Four (4) Dulcolax (bisacodyl) tablets
  - One jug of Golytely

2 days before the exam (Date) __________

- Begin a low-fiber diet: No raw fruits or vegetables, whole wheat, seeds, nuts, popcorn or other high-fiber foods (see page 3). No bulking agents: (bran, Metamucil, Fibercon) and no Olestra (a fat substitute).

- Drink at least 4 to 6 large glasses of clear liquids (not red or purple). See the list on page 1.

- At bedtime, take 2 tablets of Dulcolax.
• Fill the jug that contains the Golytely powder with a gallon of warm water. Cover and shake until well mixed. Chill for at least 3 hours, but do not add ice.

• At 3 p.m. start drinking one 8-ounce glass every 10 to 15 minutes until the jug is half empty (about 8 glasses). You can throw out the rest of the jug. Drink clear liquids for the rest of the day.

One day before the exam (Date) __________

• Drink only clear liquids (see list below). Drink at least 8 to 10 full glasses during the day.

• Mix a second jug of GoLytely and chill.

• At 3 p.m., take 2 tablets of Dulcolax.

• At 6 p.m., begin drinking an 8-ounce glass every 15 minutes until the jug is half empty. Store the rest in the refrigerator.

• Stay near a toilet while using this medicine. Besides diarrhea (watery stools), you may have mild cramping, bloating and nausea.

Day of exam (Date) ________________

• 6 hours before your exam: Drink the rest of the jug. You should finish the prep 4 hours before the exam.

• You may drink clear liquids until 2 hours before your exam.

• If you must take medicine, you may take it with sips of water. Do not take diabetes medicine by mouth until after your exam.

• If you have asthma: Bring your inhaler with you.

• Please arrive with an adult who can take you home after the test: The medicine used will make you sleepy. If you do not have someone to take you home, we may cancel your test.

Clear liquids

You may have:

• Water, tea, coffee (no cream)
• Soda pop, Gatorade (not red or purple)
• Clear nutrition drinks (Enlive, Resource Breeze)
• Jell-O, Popsicles (no milk or fruit pieces) or sorbet (not red or purple)
• Fat-free soup broth or bouillon
• Plain hard cand, such as clear life savers (not red or purple)
• Clear juices and fruit-flavored drinks such as apple juice, white grape juice, Hi-C and Kool-Aid (not red or purple)

Do not have:

• Milk or milk products such as ice cream, malts or shakes
• Red or purple drinks of any kind such as cranberry juice or grape juice. Avoid red or purple Jell-O, Popsicles, Kool-Aid, sorbet and candy
• Juices with pulp such as orange, grapefruit, pineapple or tomato juice
• Cream soups of any kind
• Alcohol
<table>
<thead>
<tr>
<th>You can have</th>
<th>Do not have</th>
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<tbody>
<tr>
<td><strong>Starches</strong></td>
<td><strong>Starches</strong></td>
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<tr>
<td>White bread, rolls, biscuits, croissants, Melba toast, white flour tortillas, waffles, pancakes, French toast; white rice, noodles, pasta, macaroni; cooked and peeled potatoes; plain crackers, saltines; cooked farina or cream of rice; puffed rice, corn flakes, Rice Krispies, Special K</td>
<td>Breads or rolls that contain nuts, seeds or fruit; whole wheat or whole grain breads that contain more than 1 gram of fiber per slice (check the nutrition facts label); cornbread; corn or whole wheat tortillas; potatoes with skin; brown rice, wild rice, kasha (buckwheat)</td>
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<td><strong>Vegetables</strong></td>
<td><strong>Vegetables</strong></td>
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<tr>
<td>Tender cooked and canned vegetables without seeds, including carrots, asparagus tips, green beans, wax beans, spinach; vegetable broths</td>
<td>Any raw or steamed vegetables; vegetables with seeds; corn in any form</td>
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<tr>
<td><strong>Fruits and fruit juices</strong></td>
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<tr>
<td>Strained fruit juice, canned fruit without seeds or skin (not pineapple), applesauce, pear sauce, ripe bananas, melons (not watermelon)</td>
<td>Prunes, prune juice, raisins and other dried fruits, berries and other fruits with seeds, canned pineapple; fresh or frozen fruits not listed on the left</td>
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<td><strong>Milk products</strong></td>
<td><strong>Milk products</strong></td>
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<tr>
<td>Milk (plain or flavored), cheese, cottage cheese, yogurt (no berries), custard, ice cream (no nuts)</td>
<td>Any yogurt with nuts, seeds or berries</td>
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<td><strong>Proteins</strong></td>
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<tr>
<td>Tender, well-cooked ground beef, lamb, veal, ham, pork, chicken, turkey, fish or organ meats; eggs; creamy peanut butter</td>
<td>Tough, fibrous meats with gristle; cooked dried beans, peas or lentils; crunchy peanut butter</td>
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<tr>
<td><strong>Fats and condiments</strong></td>
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</tr>
<tr>
<td>Margarine, butter, oils, mayonnaise, sour cream, salad dressing, plain gravy; spices, cooked herbs; sugar, clear jelly, honey, syrup</td>
<td>Pickles, olives, relish, horseradish; jam, marmalade, preserves</td>
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<td><strong>Snacks, sweets and drinks</strong></td>
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<tr>
<td>Pretzels, hard candy; plain cakes and cookies (no nuts or seeds); gelatin, plain pudding, sherbet, Popsicles; coffee, tea, carbonated (“fizzy”) drinks</td>
<td>Popcorn, nuts, seeds, granola, coconut, candies made with nuts or seeds; all desserts that contain nuts, seeds, raisins and other dried fruits, coconut, whole grains or bran</td>
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</tbody>
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Your colonoscopy

What should I expect?

You will receive medicines through an IV to sedate you and make the exam more comfortable. After the exam, we will take you to a recovery room and watch you closely for about an hour.

How will I feel afterwards?

- **After sedation:** You may have slowed reaction time and poor judgment for 24 hours. Do not have anyone under your care that day. Avoid making important decisions or signing legal documents.

- Have a responsible adult stay with you the rest of the day. Do not drive for 24 hours.

- **Discomfort:** It is normal to feel bloated, or pass air. Walking will help relieve it. You may take a non-aspirin pain reliever containing acetaminophen, such as Tylenol. You may have some bleeding if a polyp was removed.

- **Medicines:** You may take your usual medicines unless your doctor says otherwise.

- **Activity:** Plan to rest when you go home. After 24 hours, return to regular activity when you feel ready.

- **Diet:** Follow your usual diet when you feel ready. Do not drink alcohol for 24 hours.

Serious complications are rare. A tear in the lining of the colon would require surgery. Your care team will discuss possible risks with you before the exam.

Test results

You will receive your results in 7 to 10 business days by phone, letter or My Chart.