

General Procedure Information

Colyte/Nulytely/Golytely/Gavilyte

Please read these instructions two weeks before your procedure

Arrange to have a driver come with you and remain in the waiting area during your test. You may not take a taxi. Your driver must drive you home.

Laxative Prep Method

*Follow these instructions. Do NOT follow instruction on or inside the box of your prep kit.

For Colyte/Nulytely/Golytely/Gavilyte Prep Kits you will need to Purchase:

1. Your assigned prep kit (Colyte, Nulytely, Golytely or Gavilyte) Your provider will give you a prescription.
2. Clear liquid beverages/products (NO Red or Purple)

General Instructions

2 weeks before procedure

-Stop taking all herbal products

1 week before procedure

-Stop taking aspirin, NSAIDS and any products containing aspirin such as Aleve, Ibuprofen, etc. You may take Tylenol (acetaminophen)

-Stop taking blood thinners **3, 4, or 5 days** prior to procedure or as approved by your prescribing physician.

-Stop multi-vitamins, Vitamin E, Iron, Fish oil supplements, nuts and seeds.

Days before your procedure

- Purchase supplies listed above.
- Read through these instructions
- Expect a call from anesthesia department to discuss your medical history.

**If you have Diabetes, read and follow the special instructions for patients with Diabetes Questions?*

Please see frequently asked questions first. If you still have questions, call 770-719-3240.

Day before Procedure

Date: _____

DIET INSTRUCTIONS

You may **only** have **CLEAR LIQUIDS** the entire day before your procedure. **NO SOLID FOODS** should be eaten during the entire day.

You will begin the CLEAR LIQUID diet when you wake up. DO NOT consume alcoholic beverages at least 24 hours before your procedure.

Example of CLEAR LIQUIDS strained fruit juices (apple, white grape, white cranberry), Limeade, Lemonade, Coffee/Tea (No Creamer including non-dairy creamers), clear broth or bouillon, gelatin desserts without added fruit or whipped topping. AVOID RED and PURPLE liquids, including food dye. AVOID MILK and ALCOHOLIC beverages.

LAXATIVE PREP INSTRUCTIONS

- **MORNING:** Prepare the prep solution by following the instructions on the package. You may use the cherry flavoring offered, as there is no red dye in it. Refrigerate prep solution.

- **AFTERNOON (Between 3 pm and 5 pm)** Drink 64 ounces of the solution. You must consume all 64 ounces for the prep to work properly.

Continue to drink clear liquids until bedtime. ***The more hydrated you are, the better the prep results.**

*As your progress through the evening, your anal area may become irritated due to frequent bowel movements. You may apply Vaseline or A & D ointment to help relieve the discomfort.

Day of Procedure

Date: _____

You may have **NO smokeless tobacco (dip, chew, etc.) or marijuana on this day.**

LAXATIVE PREP INSTRUCTIONS

- **6 hours BEFORE LEAVING for the procedure** drink the remaining 64 ounces of solution over 2 hours until **ALL** of the solution is consumed.

- Drink 16 oz. of a clear liquid of your choice over the next 15 minutes.

- Once you have consumed the last 16 oz. of clear liquid, **you must have NOTHING by mouth 4 hours prior to your procedure.** This means **NO water, ice chips, gum, candy, cough drops, etc.**

***Any contents in your stomach could come up, getting into your lungs while under anesthesia.

GENERAL INSTRUCTIONS

- You may brush your teeth and gargle prior to your test.

- **DO NOT** wear body LOTION or body JEWELRY. Please remove all piercings (tongue, cheek, nose, etc.) prior to your arrival.

- You **MUST** have a driver who remains on the hospital campus while your procedure is being performed.

- **Failure to follow these instructions may cause your procedure to be delayed or cancelled.**