

## COLORADO CENTER FOR DIGESTIVE DISORDERS

### GOLYTELY/NULYTELY COLONOSCOPY PREPARATION INSTRUCTIONS SPLIT DOSE

1. At least a few days before beginning the following steps, have your prescriptions filled at the pharmacy.
2. Do not eat anything containing small seeds or nuts for 3 days prior to the colonoscopy.
3. **No solid foods are allowed the day prior to your procedure, therefore begin a clear liquid diet the morning before your procedure.** Clear liquids are liquids which can be seen through when held up to the light. Drink plenty of liquids to keep yourself well hydrated. **Avoid anything with red food coloring.** Mix up the laxative solution and refrigerate.
4. We have provided an optional prescription for an anti-nausea medicine. If you would like to use it, take one tablet one hour prior to starting the laxative. You may take another tablet as directed if needed for nausea.
5. At approximately 4:00 p.m. the day before the procedure, begin drinking the Nulytely/Golytely laxative prep. Drink approximately one 8 ounce glass every 15 minutes. Drink a total of 8 glasses at this time, which is ½ of the container. It should take roughly 2 hours to complete. The laxative prep should begin to work within 1 -2 hours. Please call the office at 303-776-6115 if you have any problems with the prep. **Do not follow the instructions supplied with the product.** Continue the clear liquid diet until your next dose of laxative prep.
6. If the prep causes nausea, stop the prep for 30 minutes then restart, drinking 6 ounces every 15 minutes. If the preparation has not begun to work after 2 hours, place a glycerin suppository into the rectum and lie on your left side. Hold the suppository as long as possible until you feel the urge to have a bowel movement.
7. On the day of the procedure, 6 hours before your scheduled procedure time, drink the rest of the laxative prep, drinking one 8 ounce glass every 15 minutes. You must FINISH drinking the prep 4 hours before your procedure time. **After you complete the prep, don't eat or drink anything more. This means food, water or liquids.**  
Start by: \_\_\_\_\_ am/pm    Finish by: \_\_\_\_\_ am/pm.
8. It is extremely important that you drink the entire preparation since this will help insure a complete and thorough clean out of the colon. This will enable inspection of the colon walls resulting in better information from the study.

#### CLEAR LIQUID DIET

Water, Apple juice, White cranberry juice, White grape juice  
7-Up, Ginger ale, Sprite Mountain Dew, Colas,  
Black coffee, Tea  
Gatorade, Jello-O, Popsicles (no red food coloring)  
Broth – chicken, beef, vegetable