



## Colonoscopy with Nulytely, Golytely, Colyte, Trilyte, Gavilyte, or Generic Equivalent

### EFFECTS OF BOWEL PREPARATION:

These solutions will cause you to have repeated loose stools (diarrhea), which is the expected result. These solutions typically work within 30-60 minutes but may take as long as 4 hours to have an effect. During the preparation process, you are advised to have a bathroom nearby.

If you have any issues related to your prep please call us at the Endoscopy Center at 410-296-4415. Thank you

IV sedation or anesthesia is given during your procedure. Due to regulatory requirements and for your safety, you must arrange for an adult (18+) to drive you home, or risk procedure cancellation. You may not utilize Uber or Lyft.

### GENERAL INFORMATION:

- You may take your heart, blood pressure, seizure, or steroidal routine medications with a small sip of water on the day of your exam. Hold all other medications. Please bring your inhaler if you regularly use one.
- You will not be able to drive, operate machinery, make important decisions, or return to work for the rest of the day. You may resume normal activities the next day unless the doctor states otherwise.
- The center is not responsible for your property. Do not wear jewelry or bring valuables with you.
- If you wear an insulin pump, please make sure to wear it the day of your procedure.
- Ileostomy/ Colostomy patients must bring a new pouch with them the day of procedure.
- **THE DAY PRIOR TO YOUR COLONOSCOPY, YOU MAY ONLY HAVE CLEAR LIQUIDS. YOU MUST STOP CONSUMING CLEAR LIQUIDS THREE HOURS PRIOR TO YOUR SCHEDULED ARRIVAL TIME.**

### 5 – 7 DAYS BEFORE YOUR PROCEDURE:

**IF YOU HAVE DIABETES:** Follow your GI Physician's recommendations for oral and insulin medication.  
**IF YOU ARE TAKING Ozempic, Wegovy, Semaglutide, Trulicity, Mounjaro, or any similar medications these must be held prior to procedure.** Please visit our website [www.ecnb.org](http://www.ecnb.org) for further information.  
If you are taking phentermine or phentermine like products, please discontinue use 7 days prior to procedure.

It is recommended to stop taking iron, vitamin E, ibuprofen, (Motrin, Advil, Aleve), Mobic, Naprosyn for 7 days before procedure. Tylenol is an acceptable substitute unless instructed otherwise.

**If you are on Aspirin, Coumadin, Warfarin, Plavix, Heparin, Lovenox, Fish Oil, or any other blood thinners:** these will need to be held. Please consult with your prescribing physician.

**\*\*IMPORTANT: A history & physical is required within 30 days of your exam. We do NOT require labs or EKG.**

Our office does supply history and physical forms upon request. Please contact our office directly if you or your physician has any questions.

**WHAT YOU CANNOT DRINK**



- Any liquid that is red, orange, blue, or purple in color
- No milk, dairy cream, or non-dairy products
- No alcohol, no marijuana
- No orange juice

**WHAT YOU CAN DRINK**

- White grape juice, white cranberry juice, and apple juice
- Kool-Aide, Powerade, Gatorade, and powdered Crystal Light
- Popsicles and Italian Ice
- Broth or bouillon: beef, chicken, or vegetable flavored
- Water, soda, tea, or coffee
- Hard candy and sugar
- Jell-O

***NO red, orange, blue or purple liquid from this list***

**THE KEY TO A GOOD PREPERATION**

Drink plenty of the correct fluids, see 'What You Can Drink' list above. You must take ALL of the PREP solution as directed to clean your bowel adequately. Even if you are passing clear liquid, you must continue to take the entire dose of the prep the day before you exam. Failure to follow prep instructions may result in rescheduling of the procedure due to poor preparation.

**THE DAY BEFORE YOUR COLONOSCOPY**

- **No solid food, no alcohol, no marijuana**
- **Clear liquids only all day**
- **8 oz. = 1 Cup and 16 oz. = 2 Cup**

**8 AM:** Mix water with your bowel prep powder until it is all dissolved.

**KEEP COLD** in the refrigerator. You may add powdered Crystal Light or use the "flavor packs" for better taste.

- **NO red, orange, blue, or purple liquid.**

**4 PM – 5 PM:** Begin drinking the solution at a rate of 16 ounces every 30 minutes (over 4 hours) until the container is empty.

- Please continue to drink clear liquids until bedtime.
- Apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.
- Confirm that you have a driver to take you home after your procedure.



**THE DAY OF YOUR COLONOSCOPY**

- You should take your essential medications with a small sip of water (e.g. heart and blood pressure).
- If your procedure is scheduled for the afternoon, you may have clear liquids up until 4 hours prior to your procedure.  
  
STOP drinking liquid at \_\_\_\_\_ AM/PM
- Please refer to the 'What You Can Drink' list in the first column. **No red, orange, blue, or purple liquid.**
- **No liquids 4 hours before procedure.**
- The correct time of this dose is essential to an effective preparation.

