

# 4-Liter Nulytely Golytely Colonoscopy Prep

**Refer to this instruction sheet for the entire week before your colonoscopy.**

Colonoscopy prep instructions are extremely important for a successful colonoscopy. If you do not follow the instructions precisely, your bowels may not be ready for the procedure and you will need to repeat the procedure.

## Planning for Your Colonoscopy

Please read as soon as you receive this information and check off each box to indicate that you understand each item.

**You must do a bowel prep.** If you have not received a bowel prep, call the office at 616.252.5775

**What is the name of your prep?**

- We recommend that you fill your prescription at least a week before your procedure.

**You must have a responsible adult with you at the procedure.**

- Be sure to follow your prep instructions and to bring a responsible adult driver with you. Your driver should expect to stay throughout the duration of your procedure.

- Your entire stay may take up to 3 hours. Please tell your driver that they must remain at the colonoscopy appointment during your entire visit.

**If you have diabetes:**

- People with diabetes have special diet and medications instructions. Call the doctor who manages this for you for your special diet and medication instructions.

**If you need to reschedule:**

- Call 616.252.5775

## Timeline of the Colonoscopy Preparation

**How will I determine my colonoscopy prep schedule?**

The timeline table below will help you determine which day of the week to start your preparation. Use a highlighter or circle the correct row to determine which day you will start the prep. **The prep process will begin at the start of the day.**

If you reschedule your appointment, you **must** redo the timeline table to match your new date.

**My Appointment Is:** \_\_\_\_\_  
(Date/Day/Time)

## Timeline Table

My Appointment is on a:	7 days before my appointment is a:	3 days before my appointment is a:	1 day before my appointment is a:
Monday	Monday	Friday	Sunday
Tuesday	Tuesday	Saturday	Monday
Wednesday	Wednesday	Sunday	Tuesday
Thursday	Thursday	Monday	Wednesday
Friday	Friday	Tuesday	Thursday

### 7 days before your colonoscopy

Day: \_\_\_\_\_

Fill in the day according to the timeline table

- **Do not stop your aspirin.**
- If you take a blood thinner you will likely need to hold it for the procedure. Call the doctor who prescribes them to ensure it is safe to hold and get instructions on when to stop it. If you are unsure that you are taking blood thinners, please contact your doctor..
- Stop taking any iron supplements, such as ferrous sulfate or polysaccharide iron complex.

### 3 days before your colonoscopy

Day: \_\_\_\_\_

Fill in the day according to the timeline table

- Stop eating popcorn, corn, beans, nuts, fruits with small seeds, tomatoes and celery.

### The day before your colonoscopy

Day: \_\_\_\_\_

Fill in the day according to the timeline table

- **No solid food from now until your procedure is done.** Begin a clear liquid diet (below). Drink at least 8 (240 ml) glasses of water or clear liquids during the day to avoid dehydration.
- •Mix your prep solution with lukewarm water. You may chill it for at least 5 hours to make it easier to drink, or, you can drink at room temperature.
- **Between 5 pm and 6 pm:** you will begin drinking half of your prep solution. Tomorrow you will drink the remaining half. Drink one 8-ounce glass every 15 minutes until half of the solution (64 ounces) is gone. If you follow the instructions exactly, you should be done with the first 64 ounces of the prep by 8 pm. Save the remaining half solution for the day of your procedure.
- Stay near a toilet as you will have diarrhea.

You may drink these clear liquids:	Do not drink these liquids:
<ul style="list-style-type: none"> <li>• Gatorade®, Crystal Light® Lemonade, Pedialyte® or Powerade®</li> <li>• Coffee or tea (black only)</li> <li>• Carbonated or non-carbonated soda</li> <li>• Fruit-flavored drinks</li> <li>• Apple juice, white cranberry juice or white grape juice</li> <li>• Jell-O® or popsicles</li> <li>• Chicken, beef or vegetable broth</li> </ul> <p><b>Note: Nothing Red or Purple</b></p>	<ul style="list-style-type: none"> <li>• Alcohol</li> <li>• Milk or non-dairy creamer</li> <li>• Juice with pulp</li> <li>• Any liquid you cannot see through</li> </ul> <p><b>Note: Nothing Red or Purple</b></p>

## The day of your colonoscopy

**6 hours before your procedure time** Day/Time: \_\_\_\_\_  
 Fill in the day according to the timeline table

- You may have to wake up early.
- Begin drinking the final 64 ounces (2 liters), the same way you drank the previous 64 ounces, i.e. drink an 8-ounce glass every 15 minutes until the second half is gone. If you drink according the schedule, you will finish drinking 3 hours before leaving home.
- Take your morning medications with a small amount of water 4 hours before your appointment (unless you have been told otherwise). If you take diabetes medications follow your doctor’s instructions.

**4 hours before your procedure time** Day/Time: \_\_\_\_\_  
 Fill in the day according to the timeline table

- Stop everything by mouth, including all liquids, smoking and chewing gum.

### Important!

If you followed all of the instructions, your stool will be a clear or yellow liquid and you are ready for your colonoscopy. If your stool is formed, please call 616.252.5775 and reschedule your appointment.

### Colon cleansing tips:

1. Stay near a toilet! You will have diarrhea, which can be quite sudden. This is normal.
2. Try drinking the solution with a straw. It may be easier to tolerate.
3. People rarely have nausea or vomiting with the prep. If this occurs, give yourself a 30-minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
4. You may have bowel cramps until the stool has flushed from your colon (this may take 2 to 4 hours and sometimes much longer).

Anal skin irritation or a hemorrhoid flare-up may occur. If this happens, treat it with over-the-counter remedies, such as hydrocortisone cream, baby wipes, Vaseline®, or TUCKS® pads. Avoid products containing alcohol. If you have a prescription for hemorrhoid cream, you may use it. Do not use suppositories.