

## NULYTELY, GOLYTELY PREP

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### 5 DAYS BEFORE YOUR COLONOSCOPY:

- Read all prep instructions.
- Stop all herbals, vitamins, and iron supplements.
- Fill your prescription for your bowel prep at your pharmacy.
- Purchase (2) **Dulcolax (Bisacodyl) tablets** at your pharmacy.

**We will call you 3 business days before your test with your arrival time. You MUST have a driver to take you home or your procedure will be cancelled.**

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### CLEAR LIQUIDS

water, clear fruit juices including apple, white grape, and white cranberry, lemonade, coffee or tea (no dairy or non-dairy creamer), chicken broth, jello, popsicles, Italian ice, Sprite, 7-up, gingerale, and Mountain Dew. **NO RED OR PURPLE LIQUIDS.**

### THE DAY BEFORE YOUR COLONOSCOPY:

**-NO SOLID FOOD**

**-NO ALCOHOL**

**-NO MILK BASED PRODUCTS**

**-CLEAR LIQUIDS ALL DAY**

**-4PM- You will now mix your bowel prep solution by tearing off one flavor packet of your choice and add it to the container.** Then add water to the "fill line" on the container. Put the lid back on the container and shake it to dissolve the powder. **The solution will be clear and colorless. Put it into the refrigerator so that it can chill.**

**-4PM- Take (2) Dulcolax (Bisacodyl) tablets with water.** Do not crush or chew the tablets. Do not take an antacid within 1 hour of taking the laxatives.

**-6PM- Take the medication prescribed to you to prevent nausea with a sip of water.**

**-6PM- Take the bowel prep solution out of the refrigerator.** You will need to drink **HALF** of the solution, (1) 8 ounce glass every 10-20 minutes until you have consumed **HALF** of the solution. Place the remaining solution back into the refrigerator. Do not take any other medication within 1 hour of drinking the solution or it will be flushed out of your system.

### THE MORNING OF YOUR COLONOSCOPY:

**-NO SOLID FOOD**

**-NO ALCOHOL**

**-NO MILK BASED PRODUCTS**

**\_\_\_AM (You will be given this time according to your arrival time.) Take the medication prescribed to you to prevent nausea with a sip of water.**

**\_\_\_AM-(You will be given this time according to your arrival time.) Take the bowel prep solution out of the refrigerator.** Drink the remaining solution at this time. You will need to finish it within 1 hour. After completion of this dose, you will have nothing more to drink until after your test.

### **Important Reminders:**

If you were instructed to take any medications the morning of your procedure, please do so with a small sip of water only. **Please call us if you have any questions or concerns at 724-439-8906.**