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## **GETTING READY FOR YOUR COLONOSCOPY – GOLYTELY OR NULYTELY OR COLYTE**

THE REGIMEN OF GOLYTELY/NULYTELY/COLYTE IS TYPICALLY TAKEN AS ONE GALLON ON THE DAY BEFORE YOUR PROCEDURE, AND SABB ONE (1) PINT TO DRINK AT 5:00 A.M. THE DAY OF YOUR PROCEDURE (TO CLEAR THINGS OUT BEFORE COMING IN).

ONE DAY PRIOR TO COLONOSCOPY:

YOU WILL START A CLEAR LIQUID DIET ON \_\_\_\_\_ AND FOLLOW THIS ALL DAY WITH

**NO SOLID FOODS** (DIET SHEET PROVIDED).

\*If you are a diabetic and on insulin, take ½ of your insulin dose at A.M. \_\_\_\_\_ P.M. \_\_\_\_\_ on the day before your procedure. **On the morning of your procedure, do not take any insulin!**

\*\*If you are diabetic and take oral medications, you may take them as normal on the day before your test. **On the morning of your procedure, do not take your oral diabetic medication!**

### **ON THE DAY PRIOR TO YOUR PROCEDURE, YOU WILL NEED TO FOLLOW STEPS 1-4 LISTED BELOW:**

**STEP 1:** AT 10 A.M. TAKE TWO (2) DULCOLAX (OVER THE COUNTER) TABLETS WITH WATER. DO NOT CHEW OR CRUSH.

**STEP 2:** BETWEEN 8 A.M. -12 NOON, MIX GOLYTELY (OR NULYTELY, OR COLYTE) SOLUTION AS FOLLOWS BELOW. THE GOLYTELY/NULYTELY CARTON CONSISTS OF A ONE-GALLON CONTAINER FOR MIXING.

MIX THE GALLON CONTAINER WITH LUKE WARM DRINKING WATER TO THE TOP LINE OF THE CONTAINER. MIX UNTIL DISSOLVED. (SOME EXPERIENCED PATIENTS MAY DRINK LATER IN THE DAY).

A GALLON **TAKES A WHILE TO DRINK**. DO NOT PLAN TO RUSH THIS ACTIVITY! FIND A GOOD BOOK OR VIDEO. YOU MUST COMPLETE THE ENTIRE PREP TO ENSURE THE MOST EFFECTIVE CLEANSING!

(If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours)

**STEP 3:** AT 11 A.M., TAKE THE 10 MG COMPAZINE TABLET.

**STEP 4:** FROM 12 NOON-10 P.M.: DRINK THE GOLYTELY AS FOLLOWS: EVERY 15 MINUTES DRINK 8-16 OUNCES OF THE SOLUTION AS TOLERATED. IF THIS IS TOO RAPID, THEN STOP FOR 1-2 HOURS AND THEN RESUME UNTIL ONE PINT REMAINS.

DRINK 16-24 OUNCES OF THE CLEAR LIQUID OF YOUR CHOICE. THIS IS A NECESSARY STEP TO ENSURE ADEQUATE HYDRATION AND AN EFFECTIVE PREP!

(Clear liquids include: Water, ginger ale, apple juice, Gatorade, lemonade, and broth. **No red or purple liquids!** If questions about any particular liquid, please ask doctor or nurse)

**STEP 5:** ON THE DAY OF YOUR PROCEDURE:

STARTING AT 5 A.M. OR IN THE MORNING AT \_\_\_\_\_, DRINK THE LAST PINT OF GOLYTELY AND LET US KNOW (CMH, SRMC, OR SUNCOAST) IF THE EFFLUENT IS CLEAR. IF NOT, THEN FURTHER BOWEL PREP MAY BE INDICATED.

You may take your blood pressure, heart, or seizure medications with a **small sip of water** the morning of your procedure. **Hold your diabetes medications until after your test!** Please discuss your other medications before you leave this office. For the most part, it is safe to take your usual medications, **except blood thinners**, prior to procedures.

**\*\*\*If you are on aspirin, blood thinners (Plavix or Coumadin), or iron, these medications will need to be stopped 5 days prior to your test. Please consult with your doctor or nurse prior to stopping any blood thinners!**

**NOTE:** If you have severe ulcerative colitis, consult your physician before using this product. If you have severe discomfort or distention (bloating), stop drinking the solution for awhile or wait longer between drinking each glass until the discomfort goes away. **DO NOT** take any other medicines within one hour of starting to drink the solution. Nausea, cramping and abdominal fullness are the most common adverse reactions.

**WHAT IS A CLEAR LIQUID DIET?**

**PRINCIPLE:**

To provide an oral source of fluids and small amounts of kilocalories and electrolytes as a means of preventing dehydration, keeping calorie residual to a minimum.

**FOOD ALLOWED:**

Broth, fat free

Jell-O (no red or purple dyes)

Apple juice, grape juice, (white juices only)

Ice

Coffee/Tea (no milk or cream)

Salt

Sugar

Popsicle (no red or purple dyes)

Clear fruit-flavored drinks, such as Kool-Aid (no red or purple dyes)

**SUGGESTED MENU PATTERN**

**BREAKFAST:** Juice, Coffee/Tea **LUNCH:** Juice, Broth, Jell-O, Coffee/Tea **DINNER:** Juice, Broth, Jell-O, Coffee/Tea

