Intermountain Medical Group

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Gastroenterology
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Preparing For Your Colonoscopy/EGD

- **PLAN ON TAKING DAY OFF WORK**
- **PLEASE HAVE A DRIVER FOR THIS PROCEDURE**

Colonoscopy Bowel Preparation Instructions

Colyte / Golytely / Nu-LYTELY Preparation

Please read All of these instructions carefully. The exam cannot be performed if your colon is not properly cleansed. If you have any questions after reading these instructions, please our office 435-716-1260

- Read all of your preparation instructions
- Purchase bowel preparation products **Colyte / Golytely / Nu-LYTELY Your physician may have prescribed an anti-nausea medication to take a half hour prior to each Colyte dose.**
- You will need a prescription from our office to purchase the **Colyte / Golytely / Nu-LYTELY** and anti-nausea medication from your pharmacy.
- Stop herbs, vitamins, and oral iron supplement. Stop any anti-inflammatory medications. (Motrin, Ibuprofen, Advil). Tylenol and Celebrex are okay to continue.
- Contact your prescribing physician for instruction on dosage of blood thinner and or diabetic medications.

Three Days Before Your Colonoscopy

- Avoid all foods and beverages that contain seeds i.e. strawberries, raspberries, etc.

Day Before Your Colonoscopy

- **No Solid Food**
- Start the clear liquid diet all day (see clear liquid diet).
- Take anti-nausea medication (if prescribed) 30 minutes prior to taking each Colyte dose
- Start Colonoscopy Preparation at
- Between 4:00 P.M.-6:00 P.M mix **Colyte / Golytely / Nu-LYTELY** powder according to the directions on the container and drink 8 ounces.
    - Helpful Hint: The Flavor packets included with the power do not usually cover the taste of the solution. You may mix the solution with ginger ale or another fluid to help with the flavor.

- Drink 8 ounces of solution every 10 minutes until about ½ of the solution is consumed. Place remainder of solution into the refrigerator.

- Continue to drink clear liquids until you go to bed.
- It is recommended to apply a petroleum based product or diaper rash ointment to the rectal area to decrease discomfort from the frequent stools.

The Day of Your Colonoscopy

- **No Solid Food**
- Start the second part of your prep 7 1/2 hours prior to your procedure.
- Drink the remaining half of the **Colyte / Golytely / Nu-LYTELY** solution.
  - Drink 8 ounces every 10 minutes until the solution is gone.
- Your stool should be a clear yellow or green watery consistency once you have finished the prep. If you stool is not clear yellow or green watery consistency you need to call our office or the GI Lab. **Remember to keep drinking other clear liquids to continue the bowel cleansing process and to prevent dehydration**.
- Nothing by mouth 6 hours prior to your procedure.
- If your procedure is scheduled in the early morning, you will need to get up in the middle of the night to take this dose of preparation. The correct timing of this dose is essential to an effective preparation.

Do not take more than the prescribed dose of Colyte / Golytely / Nu-LYTELY. If you feel the preparation is not working, notify the GI Lab or our office at 435-716-1260.

Clear Liquid Diet

Propel, Gatorade or PowerAde are the preferred clear liquid (no red, orange or purple) Clear fruit juices, white grape juice and apple juice
Water
Kool-Aide (no red, orange or purple) Clear soup or bouillon
Popsicles (no red, orange or purple)
Tea or coffee without cream
Hard candies
Soda- 7-up, Sprite, Pepsi, Coke, Ginger ale, orange (no red, orange or purple) Jell-O (no red, orange or purple)

Definition of a Clear Liquid Diet– if you can see through it you can drink it. If you are diabetic purchase diet or low calorie beverages.