

DIGESTIVE DISEASE CONSULTANTS

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Colyte/ Nulytely/ Golyte Prep/Polythylene Glycol PEG 3350

Your Colonoscopy is scheduled for _____ at _____ and arrive at _____.

Day Before Examination:

Drink only **CLEAR LIQUIDS** for breakfast, lunch, and dinner.

NO SOLID FOODS, MILK OR MILK PRODUCTS AND NO RED JELL-O OR RED LIQUIDS ALLOWED

Clear Liquids Include:

Water, clear fruit juice (apple, white grape, white cranberry), soda (regular or diet), coffee (black), tea, broth, bouillon, popsicles, Gatorade, jell-o (no red), Ensure (limit 2)

REMINDER: Regularly used medications may be continued unless otherwise instructed.

Begin drinking the Colyte/ Nulytely/ Golyte Prep at 12:00 p.m. (noon) the day before your procedure. If working you may start at 4:00 p.m. Drink a large glass (8 oz.) every ten minutes. It is best to drink the whole glass rapidly. Do not sip small amounts. Keep solution cold, but **DO NOT** dilute with ice. Continue drinking until the jug is empty. Using a straw may help.

Bowel movements should occur about one hour after the first glass. They will continue periodically for approximately 1 to 2 hours after you finish drinking the last glass. By this time the stool liquid should be clear.

Feelings of bloating and/or nausea are common after the first few glasses of Colyte/ Nulytely/ Golyte because of the large amount of liquid ingested. This is temporary, however, and will disappear once bowel movements begin.

Day of Examination:

Nothing to drink 4 hours prior to your procedure.

Note:

Your procedure may be cancelled if you drink anything four hours prior to your procedure time.

If you have any questions or concerns, please feel free to contact our office at **407-830-8661 ext. 120**