



Digestive Disease Consultants  
ORLANDO

**Colyte, NuLyteLy, GoLyteLy or PEG 3350 Bowel Prep Kit**  
**Colonoscopy Instructions**

Your procedure is scheduled on \_\_\_\_\_. Please arrive at \_\_\_\_\_ **AM / PM.**

**\*\*\*\*HOLD any blood thinners ( \_\_\_\_\_), \_\_\_\_\_ days prior to the procedure.**  
**\*\*Do not stop your blood thinner without consent from prescribing physician\*\***

You are using the **Colyte, NuLyteLy, GoLyteLy or PEG 3350 Bowel Prep Kit**

**DAY BEFORE THE PROCEDURE:**

1. Start **ONLY** clear liquid diet the entire day (breakfast, lunch and dinner) Ex. broth or bouillon. Jell-O (no red or purple), coffee black or with sugar (No dairy or non dairy creamers), tea, lemonade, fruit juices without pulp, white grape juice/apple, clear soda (Sprite, 7-up, ginger ale), Gatorade, PowerAde, popsicles (no red).
2. Daily medications can be continued unless otherwise specified.
3. At **2 PM** drink 3 liters of the solution-8 ounces **every 15 minutes.**
4. At **10 PM** drink the last liter of the solution- 8 ounces **every 15 minutes.**
5. Do not add anything to the solution such as ice, crystal lite, sweeteners, etc.
6. Drink each glass quickly rather than drinking small amounts continuously.
7. Be sure to drink **ALL** of the solution.
8. Continue drinking clear liquids, at least another liter, during the course of the evening.

**DAY OF PROCEDURE:**

1. You may brush your teeth.
2. You need a driver and your driver must stay at the facility. Public transportation and taxis are **NOT** allowed.
3. Take **blood pressure meds, anti-anxiety meds, anti-psychotic meds, heart meds, anti-seizure and convulsant meds** with a sip of water unless otherwise specified.
4. Please bring with you:
  - Photo ID and Insurance card(s)
  - Completed Medication List – Medications **MUST** be written out. NO pre-printed, copied or lists from previous visits will be accepted.
  - Patient's Bill of Rights Form
  - Reading glasses, if applicable

**No clear liquids 2 hours prior to your procedure, except for a sip of water with blood pressure, heart and anti-seizure medications or the procedure may be canceled.**

Please contact the office at 407-830-8661 with any questions. Or email us at [info@ddcOrlando.com](mailto:info@ddcOrlando.com)