

INSTRUCTIONS FOR COLONOSCOPY WITH COLYTE / NULYTELY / GOLYTELY

Day before examination:

1. Mix Colyte / Nulytely / Golytely and refrigerate.
2. Drink only "clear liquids" for breakfast, lunch, and dinner. (Solid foods, milk, or milk products are **NOT** allowed.)

Clear liquids include:

- * strained fruit juices without pulp (apple, white, grape juice or lemonade)
- * water
- * clear broth or bullion
- * coffee or tea (without milk or non-dairy creamer)

All of the following that are **NOT** colored red or purple:

- * Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid, or other fruit flavored drinks
- * plain Jello (without added fruits or toppings)
- * ice popsicles

EVENING:

1. Begin drinking Colyte / Nulytely / Golytely between 4:00 - 5:30 p.m. Drink a large glass of Colyte / Nulytely (8 oz) every 10 minutes. It is best to drink the whole glass rapidly, rather than sipping small amounts continuously.
2. Continue drinking until the bottle is empty.
3. Bowel movements should occur about 1/2 hour after the first glass of Colyte / Nulytely. They will continue periodically for approximately 1-2 hours after you finish drinking the last glass. By this time, the stool liquid should be clear.
4. Feelings of bloating and/or nausea are common after the first few glasses of Colyte / Nulytely / Golytely because of the large volume of fluid ingested. This is temporary, however, and will disappear once bowel movements begin. If you need to pause briefly, do so – then resume drinking.
5. **DO NOT EAT ANY SOLID FOOD UNTIL THE EXAMINATION IS COMPLETED.** Water or other **CLEAR LIQUIDS (PLAIN, UNSWEETENED COFFEE OR TEA, OR BROTH)** are permissible as directed by your physician.

YOU MAY HAVE CLEAR LIQUIDS UP UNTIL MIDNIGHT. ABSOLUTELY NOTHING TO EAT OR DRINK AFTER MIDNIGHT UNLESS OTHERWISE DIRECTED.

YOU MUST AVOID ASPIRIN & IRON FOR ONE WEEK PRIOR TO THE EXAM!!!

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