



Phone: (907) 745-8100

PREPARATION INSTRUCTIONS FOR COLONOSCOPY USING:

GoLytely (Gavilyte-G, NuLytely (GaviLyte-N), PEG 3350

YOU MUST MAKE ARRANGEMENTS FOR SOMEONE YOU KNOW TO DRIVE YOU HOME. You may not drive for the rest of the day once the procedure is completed. You CANNOT take a cab home.

PLEASE PURCHASE:

- Bowel Preparation Kit can be purchased at any pharmacy. You will have prescription for this given to you (or sent electronically) at the initial office visit.

FOLLOW OUR INSTRUCTIONS BELOW AND NOT THE INSTRUCTIONS THAT ARE INCLUDED WITH THIS KIT!

Step 1: THE ENTIRE DAY BEFORE THE PROCEDURE, YOU MAY HAVE CLEAR LIQUIDS ONLY.

Clear liquids include: coffee, tea, water – either carbonated or regular, Gatorade, all soft drinks. All of the clear juices: apple, pear, grape. Jell-O, clear soups, i.e., bouillon or broth. Sugar or artificial sweeteners are allowed. You may continue these clear liquids up until mid-night.

PLEASE NOTE: DO NOT EAT OR DRING ANYTHING RED.

NOT ALLOWED ON A CLEAR LIQUID DIET: Milk, cream, soy milk equivalent, artificial creamer. Pulpjuices like orange, grapefruit, pineapple, tomato and V-8, are not allowed. **NO SOLID FOOD**

Step 2: AT 3:00PM THE DAY BEFORE YOUR PROCEDURE:

- Mix solution with water as indicated on the container
- Cap the bottle and shake to dissolve the powder
- The mixed solution will be clear. Do not add anything other than the provided flavor packs to the solution.
- If you would like to drink the solution cold, store it in the refrigerator until it is time to start drinking

Step 3: AT 4:00pm, START DRINKING THE SOLUTION

- Drink 1 (8 oz) glass every 30 minutes. Drink each glass steadily, at your own pace. Do not “chug” it. If you experience nausea, slow down in drinking the mix and try taking a few sips of one of the clear liquids listed above.
- A watery bowel; movement should begin in approximately 1 hour or less. **Be sure to drink ALL the solution.**
- You may also have other clear liquids while drinking the solution.

Prescription medications may be taken as scheduled on the day before and the day of the procedure with sips of water.