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**INSTRUCTION FOR COLONOSCOPY with
Nulytely/Trilyte/Golytely/PEG (SPLIT DOSING)**

****The appointment time is subject to change based on the facility's schedule.**

PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY



You must have a responsible adult (age 18 or older) to drive you home after your procedure. This does not include rideshare such as Uber / Lyft. The sedative medication makes it unsafe to drive on the day of the procedure. If you do not have a chaperone, the appointment may need to be canceled.



You should not work on the day of the colonoscopy. Plan to take the day off from work.



Do not bring children to your appointment. We do not have child care services. Leave jewelry and valuables at home



BRING all of your daily medication to the colonoscopy. TAKE your heart/blood pressure medication on the morning of your colonoscopy.

If you have any questions, please call (408) 898-1168. To reschedule or cancel, contact us at least 3 business days prior to your procedure. Thank you for your cooperation.

**** ONE (1) WEEK BEFORE THE COLONOSCOPY:**

1. STOP iron pills, vitamins and herbs. Begin a low-fiber diet. Avoid consuming vegetables, seeds and high-fiber foods such as berries and popcorn. You may eat cooked vegetables, apples (without skin), and potatoes.
2. OBTAIN Nulytely/Trilytely/Golytely/PEG from your pharmacy. If this medication is replaced due to insurance requirement, inform GI Endoscopic Solution so new instructions can be given to you.

**** ONE (1) DAY BEFORE THE COLONOSCOPY:**

CONTINUE to take all diabetes medications per your usual routine.

REDUCE morning and/or evening dose(s) of long acting insulin by one half.

You will be on a CLEAR LIQUID DIET FOR 24 hours before the procedure. DO NOT FAST.

For a full 24 hours prior to the colonoscopy, follow a clear liquid diet limited to water and the following:

Black coffee (no milk / no cream)
Tea (black, green)
Gatorade (clear)
Popsicles without fruit or seeds

7-UP
Clear broth
Apple Juice
Jello (no red or purple)

DO NOT eat solid food

DO NOT chew gum

DO NOT drink any of the following:

- No red or purple liquid
- No liquids that you can't see through
- No alcoholic beverages
- No milk products



6:00 PM on the night before the colonoscopy:

- Your bottle will come pre-filled with the laxative medication.
- Fill the bottle with drinking water to make 4 liters of solution.
- Shake the bottle to mix, and start drinking the solution.



6:00 PM - 8:00 PM on the night before the colonoscopy

- At 6:00 PM, start drinking the solution. DRINK an 8 ounce glass every 10 minutes until 2 liters of the solution are finished. The 2 liters should be finished by about 8:00 PM. *If you have nausea/vomiting, rest for 30 minutes and then resume the preparation as symptoms improve.*



After 8:00 PM on the night before the colonoscopy

- Continue to drink plenty of clear liquids after the 2 liters are finished.
- The first bowel movement should occur within 1-3 hours.
- If this does not occur, drink 1 cup of clear liquids (see list above) every 20 minutes until you have a bowel movement.

**** ON THE DAY OF THE COLONOSCOPY: (4 HRS BEFORE YOUR PROCEDURE)**

Do not take diabetes medication(s) on the day of the procedure. This will resume medications after procedure.



SHAKE THE BOTTLE AGAIN and start drinking an 8 ounce glass of the laxative every 10 minutes until the remaining 2 liters are finished. Then, drink 3 more cups of water and your morning medication (if applicable).

Do not drink anything 2 hours before the colonoscopy.

VIDEO INSTRUCTIONS: Kindly review your preparatory instructions for a minimum of two weeks prior to your scheduled procedure. You can access the general video instructions at <https://www.youtube.com/watch?v=QsSenpeowvY> or contact GI Endoscopic Solution office and we can text you the link.

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