

ADVANCED GASTROENTEROLOGY & ENDOSCOPY, P.C.

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1-888-GASTRO-1

NULYTELY / GOLYTELY BOWEL PREPARATION FOR YOUR COLONOSCOPY

Date of Procedure: \_\_\_\_\_

LOCATION:                      John T. Mather                      St. Charles                      Office

NOTE: Avoid Aspirin & products such as Advil, Aleve, Motrin, Vioxx, Celebrex and blood thinning medications such as Coumadin, Plavix & Vitamin E for **ONE WEEK** prior to the procedure. **ONLY TYLENOL IS ALLOWED.**

DAY BEFORE THE PROCEDURE:

1. In the morning, prepare your NuLyteLy, GoLyteLy or CoLyte solution according to the instructions on the package and refrigerate. Buy 4 Dulcolax laxative tablets.
2. You may have a light breakfast but drink only clear liquids for lunch and dinner. Clear liquids include water, black coffee, tea, clear fruit juices (without pulp) including apple, orange, white grape or white cranberry, limeade or lemonade, meat broth or bouillon, carbonated beverages, gelatin desserts without added fruit or topping (no red, purple, or blue), ice popsicles (not red, blue or purple) and hard candy. Solid foods, milk/milk products or non-dairy creamers are not allowed.
3. At 5:00 P.M (or earlier if you prefer) begin drinking the solution at a rate of one 8 oz. glass every 10-15 minutes until the container is empty. You will need 4 hours to finish the container. Once you finish drinking the solution, take all 4 of the Dulcolax tablets. If you start to experience symptoms of nausea, you may stop drinking the solution and then resume to finish 1-2 hours later.
4. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.
5. Please call the day before your procedure to confirm the time you are to arrive at your procedure location. If you are scheduled on a Monday call the hospital on the Friday before.

**John T. Mather Procedures:** call **631-476-2717** between 3:00PM-6:00PM

**St. Charles Hospital Procedures:** call **631-474-6285** between 4:00PM-6:00PM

**Office Procedures:** call **631-331-0200** between 10:00AM-4:00PM

DAY OF PROCEDURE:

1. A friend or relative must drive you home after the procedure. You will not be able to drive for at least 8 hours. If you have any questions, please call the office at (631) 331-0200.

**PLEASE REFRAIN FROM SMOKING ON THE DAY OF THE PROCEDURE AND REMOVE ALL VALUABLES PRIOR TO COMING IN.**