Colonoscopy Preparation Instructions

**Using Golytely, Colyte, Trilyte or Nulytely**
You will need to purchase a Golytely, Colyte or Nulytely prep from your pharmacy before starting this preparation. It is only available with a prescription.

2 days before the procedure: On_______ at 10pm, please add 1 gallon of tap water to the powder in the plastic container and refrigerate.

The day before your procedure:
1. You will need to be on a clear liquid diet starting with breakfast on the day before your procedure. This diet may include:
   - Bouillon
   - Consommé
   - Clear broth
   - Hard Candy (lifesavers, butterscotch, etc)
   - Jell-O (no red Jell-O)
   - Popsicles (any flavor)
   - Fruit juices (apple, grape, cranberry)
   - Clear soft drinks (sodas, koolaid, sportades)
   - Clear broth
   - Sustacal or Ensure (up to 4 cans)

   **No coffee, tea, colas or milk products while on liquid diet**

2. At _______, please begin drinking the chilled solution. You need to drink 8 oz every 10 minutes until you have consumed the first 2 liters of solution (1/2 the container). Keep the solution refrigerated.

3. Drink plenty of clear liquids throughout the day. The more clear liquids you drink, the easier it will be to get you cleaned out.

On the day of the procedure:
1. At ______, please finish drinking the chilled solution. You need to drink 8 oz every 10 minutes until you have consumed the rest of the gallon.

2. You may continue clear liquids until 3 hours prior to your procedure but then nothing else by mouth after that point. (You may take your cardiac or blood pressure medications on the day of the procedure as early as possible with just enough water to get them down.)

You will need to check in by _______ and your colonoscopy is scheduled for _________.

Please report to:
( ) Sentara Norfolk General
   River Pavilion 3rd Floor
( ) Chesapeake General Hospital
   Outpatient Registration
( ) Norfolk Office
   304 Medical Tower
( ) Chesapeake Office
   113 Gainsborough Sq., #102

**You must have someone with you to drive you home after your procedure**

If you have any questions or are unable to keep your appointment, please call the office.

**If you cancel your appointment with less than 72 hours notice, you may incur a charge**

Please, no acrylic or polish on at least one fingernail

**A copayment is usually required by most insurances for procedures performed**

400 Gresham Drive Suite 304•Norfolk VA 23507•(757)627-6416
113 Gainsborough Square Suite 102•Chesapeake VA 23320•(757)436-3285
If you take medication, you may have it the morning of the procedure with a small amount of water. This means NO MORE than a few SMALL sips of water. You may brush your teeth.

- You may want to leave your valuables at home (jewelry, watches, etc) and limit make-up.
- Bring your completed consent form, medication list, driver’s license and insurance cards to the Office.
- A co-payment is usually required by most insurances for procedures performed.
- Please, no acrylic or polish on at least one fingernail.
- If you cancel your appointment with less than 48 hours notice, you may incur a charge.

Colonoscopy Preparation “Frequently Asked Questions”

Why avoid red liquids?
The red color can persist in the colon and potentially look like blood. However, cranberry juice is permitted since it is a natural red color.

I feel like vomiting and don’t think that I can drink any more. What do I do?
It is important that you continue to drink the solution if at all possible. Without a clean bowel, the doctor will not be able to see the inside of your colon to complete the examination. If you experience nausea, wait 15 minutes and resume drinking slowly. If you do vomit, wait 45 minutes and begin drinking the solution again. Try sipping the solution with a straw.

I drank a lot of the solution and I have not gone to the bathroom yet. What should I do?
Keep drinking. Most people have a bowel movement after an hour. Some patients may take 2 hours or longer.

Can I drink alcoholic beverages?
Do not drink any alcoholic beverages prior to your procedure since they can cause dehydration.

What side effects may I expect?
Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary, and as the diarrhea develops, symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing fluid intake.