

***Please visit our website www.buxmontgi.com for FAQ's. If you still have questions regarding your prep and procedure, contact nursing at 215-257-3011.

SPLIT DOSE COLYTE PREP (Nulytely, Golytely, Peg-3350)

PROCEDURE DATE & TIME OF ARRIVAL _____

Bux-Mont Endoscopy Center Grand View Hospital St. Luke's Quakertown Hospital GVH Harleysville Outpatient Center

Your physician has requested you have a colonoscopy examination to view the inside of your large intestine. The actual test takes approximately 30 minutes; however you can expect your total stay to be about 1 1/2-2 hours if performed at the Bux-Mont Endoscopy Center, or 2-3 hours if in the hospital. You will be receiving intravenous sedation medications for your procedure. Therefore, **YOU MUST MAKE ARRANGEMENTS AHEAD OF TIME FOR AN ADULT TO DRIVE YOU HOME.**

INSTRUCTIONS

Non-Steroidal Medications/Aspirin/Aggrenox:

- There is no need to stop anti-inflammatory drugs (such as ibuprofen, Motrin, Advil, Aleve, Naprosyn, etc.), aspirin or aggrenox unless otherwise directed by your physician.

Blood Thinners:

- **IF YOU TAKE COUMADIN, PLAVIX, ASPIRIN, XARELTO, ELIQUIS, BRILINTA, TICLID, PRADAXA, ENOXAPARIN, ENDOXAPAN or other "blood thinning" agents**, you should already have special instructions from your doctor. If you did not receive these instructions, please notify nursing at **215-257-3011**.

Diet the WEEK BEFORE your procedure:

- The week prior to your examination it is highly recommended that you follow a low roughage diet- avoid foods such as tomatoes, corn, beans and fruits with the peel so the physician can see the entire colon better.

Diet the DAY PRIOR TO your procedure:

You may have a light breakfast before 9 AM and then begin clear liquids. Absolutely NO solid foods after breakfast.

- A clear liquid diet supplies fluid and calories and reduces bowel residue.
- Clear liquids include: Clear chicken, turkey, beef or vegetable broth or bouillon, black coffee, tea, clear hard candy, Jell-O, apple juice, water, Crystal Light, Gatorade, soda, Italian water ice, popsicles or white grape juice.
- **Do NOT** eat/drink anything with red, blue or purple food dyes- red and purple look like blood during your colonoscopy.
- **Do NOT have milk or milk products- milk is NOT a clear liquid.**
- You may continue to have clear liquids after midnight up until 3 hours prior to your arrival time.
- **Do NOT** drink water during the 3 hours- this will cause a cancellation or delay to your procedure.
- Do not chew gum, suck on hard candy or smoke 3 hours prior to your procedure.
- ***Drinking any liquids, including water, within the 3 hours prior to your procedure may result in your procedure being cancelled.***

PREP INSTRUCTIONS

- Step 1
 - **The morning prior to your procedure**, prepare your solution. Fill the container to the fill line with lukewarm water and add flavor packet of your choice or you may use a powdered drink mix such as Crystal Light. Shake and refrigerate.
- Step 2
 - **The evening before your procedure**, between the hours of **6 PM-8PM**
 - Drink half of the prepared Colytely solution – 1 (8oz) glass every 10-15 minutes for total of about 8 glasses. Keep drinking each glass within 10-15 minutes.
 - Refrigerate the remaining solution overnight. Remain on a clear liquid diet.
- Step 3
 - **The morning of your procedure**, 5 hours prior to your procedure (Start Time: _____)
 - Drink the rest of the prepared solution-1 (8oz) glass every 10-15 minutes for about 8 glasses by (End Time _____)
- Step 4
 - If you take heart, blood pressure, seizure medication or medication for the acid in your stomach please take at least 3 hours prior to your arrival time. Use your inhalers as usual and bring with you. All other medications should be held until after the procedure.