

SAN JOSE GASTROENTEROLOGY

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INSTRUCTIONS FOR COLONOSCOPY BOWEL PREPARATION with Nulytely/Trilyte/Golytely/PEG (SPLIT DOSING)

- For the best possible examination, please follow the instructions below 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 taxi, Uber. The sedative medication makes it unsafe to drive on the day of the procedure. **If you do not have a chaperone to drive you home, the appointment may need to be cancelled.**
- **Plan to take the day off from work.**
- **Do not bring children to your appointment. Leave jewelry and valuable items at home.**
- Bring all of your daily medication to the colonoscopy
- **TAKE** your heart/blood pressure medication with small sips of water the morning of you colonoscopy. If your colon output is not a clear yellow color (or similar) after the laxative cleansing, inform the nurse when you arrive for your procedure

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




- **STOP** iron pills, vitamins and herbs. **AVOID** seeds and fibers (berries, multi grain bread, popcorn)
- **OBTAIN** Nulytely/Trilytely/Golytely/PEG from your pharmacy. If this medication is replaced due to insurance requirement, please inform SJGI so new instruction can be given to you.

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

- **CONTINUE** to take all diabetes medications regardless of taken time in morning or evening daily.
- **REDUCE** morning and evening doses 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, you must be on a clear liquid diet limited to water and the following:		DO NOT eat solid food DO NOT chew gum DO NOT drink any of the following: <ul style="list-style-type: none">▪ NO red or purple liquid▪ NO liquids that you can't see through▪ NO alcoholic beverages▪ NO milk products
Black coffee (no milk / no cream) Tea (black, green) Gatorade (clear) Popsicle w/o fruit or seed	7-UP Clear broth Apple Juice Jello (No red or purple)	

AT 6 PM: Follow the instructions below to mix and drink your medication.

1		<ul style="list-style-type: none"> Your bottle will come pre-filled with the laxative medication. FILL this bottle with drinking water to make 4 liters of solution. <p>SHAKE the bottle and start drinking the solution.</p>
2		<p>6:00 PM - 8:00 PM on the night before the colonoscopy</p> <p>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. <i>If you have nausea/vomiting, rest for 30 minutes and then resume the preparation as the symptoms improve.</i></p>
3		<p>After 8:00 PM on the night before the colonoscopy</p> <ul style="list-style-type: none"> Continue to drink plenty of clear liquids after the 2 liters are finished. The first bowel movement should occur 1-3 hours after the first cup of laxatives. <p>If this does not occur, drink 1 cup of clear liquids (see list above) every 20 minutes until you have a bowel movement.</p>

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

STOP all diabetes medications before procedure time. **OK** to resume all 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. After you finish the entire solution, drink 3 more cups of water and your morning medication.

Do not drink anything 2 hours before the colonoscopy.

If you have any questions, please contact our office at **408-347-9001**. If you need to reschedule or cancel your appointment, kindly give **3 business days notice**.

Thank you very much for your cooperation.