



# Gastroenterology Associates of West Florida

## Digestive Diseases and Nutrition

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*Diplomates American Board of Gastroenterology*  
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### Preparing for Colonoscopy or Flexible Sigmoidoscopy using Nulytely or Golytely

You are scheduled for a colonoscopy or a flexible sigmoidoscopy on \_\_\_\_\_.

- **The Surgery Center will call you one day prior to the procedure with the time.**

Please be courteous to others and call with cancellations at least 72 hours prior to the procedure.

Make appropriate arrangements for copay and deductibles with the surgery center.

- **WE WILL NOT PERFORM THE EXAM ON PATIENTS WHO COME ALONE**
  - You will not be able to drive home after the test if you receive sedation. You **must be accompanied** by someone who can see you home after the exam.
- You need to **HOLD** Coumadin, Plavix, Aspirin, Fish Oil, Vitamin E, multivitamins, Arthritis Pills, and Ibuprophen unless instructed otherwise for five (5) days prior to the exam. You may take Tylenol and/or Darvocet for pain.

Items to be purchased prior to the exam:

- Nulytely or Golytely from the pharmacy.

#### **Two days prior to the exam:**

1. Pour luke-warm water in the Nulytely container to the fill line, shake to dissolve the contents, and refrigerate.

#### **One day prior to the exam:**

1. Take clear liquids ALL DAY such as soda, broth, apple juice, tea, BLACK coffee, and ice pops.
2. Stop drinking sugar-containing liquids two (2) hours prior to drinking the Nulytely solution. You may resume drinking sugar-containing liquids after completing the solution.
3. Drink 8 oz. (1 cup) of Nulytely or Golytely every 15-20 minutes, starting about 5 p.m. until the first half gallon is consumed.
4. If you become nauseated while drinking the Nulytely or Golytely, you can start on the enemas and then resume drinking the gallon. If the nausea persists, call the doctor.
5. Take the second half of Nulytely or Golytely six (6) hours prior to the procedure time. Drink 8 oz. (1 cup) every 15-20 minutes. Finish within two (2) hours.

#### **Day of the exam:**

1. Take only blood pressure, heart, and lung medications as discussed with your doctor with a sip of water. Do not take diabetes pills.
2. Do not wear makeup or nail polish.

Doctor Doing Procedure: \_\_\_\_\_

Patient Signature: \_\_\_\_\_

Date \_\_\_\_\_

Doctors are available 24 hours day or night. Please call if you have problems with prep, questions about medications, or any other concerns: Call (727).846.7031