

# CENTER FOR DIGESTIVE HEALTH

Gastroenterology Associates, P.C.

2222 53<sup>rd</sup> Avenue, Bettendorf, IA 52722 (563) 383-2686

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Day \_\_\_\_\_

Date \_\_\_\_\_

Arrival Time \_\_\_\_\_

Procedure Time \_\_\_\_\_

## GoLYTELY/NuLYTELY PREP

### Special instructions:

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#### One (1) WEEK before your exam:

- No popcorn, flax seed, or Olestra (fat substitute found in foods like potato chips) 1 week prior to your procedure.
- NO IRON within 3 days to your procedure. Example: no Multi-vitamin or iron supplement.
- If you tend to be constipated, take two tablespoons of Milk of Magnesia two days prior to your procedure.

#### One (1) DAY before your exam:

Date/Time: \_\_\_\_\_

- **No solid foods are allowed!** You may have only clear liquids.
- Drink 8 oz of liquid every 1 to 2 hours when on the clear liquid diet while awake. This will help maintain hydration. If you have **heart failure, cirrhosis, or kidney failure and you are on dialysis**, drink only 4 oz. of liquid every 2 hours when awake while on clear liquid diet the day before the procedure.

#### **Prep instructions:**

- **4:30 pm** Mix the GoLYTELY/ NuLYTELY as directed and refrigerate.
- **5:15 pm** Remove GoLYTELY/ NuLYTELY from the refrigerator and leave out at room temperature.
- **5:30 pm** Take 2 (two) BISACODYL (Ducolax) tablets.
- **6:00 pm** Start your first glass of GoLYTELY/ NuLYTELY.
- Drink an 8 oz. glass every fifteen minutes and finish the entire glass.
- You may add Crystal Lite **lemonade** to each glass to improve the flavor.
- It is best to drink the whole glass rather than sipping small amounts continuously. Do not use straws.
- If nausea, hold for 1 hour and then restart.

PLEASE CALL IF YOU ARE HAVE QUESTIONS, CONCERNS OR PROBLEMS  
WITH THE PREPARATION OR INSTRUCTIONS (563) 383-2686

**TURN PAGE OVER FOR INSTRUCTIONS THE DAY OF YOUR EXAM**

YOU MUST BE ACCOMPANIED BY A DRIVER WHO REMAINS AT THE CENTER FOR DIGESTIVE  
HEALTH DURING YOUR THE PROCEDURE

**CENTER FOR DIGESTIVE HEALTH**  
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**Day of your exam:**

**Date/Time:** \_\_\_\_\_

- Your medications, other than those that have been specifically held by your doctor, can be taken in the morning with a small sip of water.
- Please use the Center for Digestive Health Entrance and Registration Desk on arrival.
- You must be accompanied by a driver who remains during the procedure.
- Do not eat or drink anything **after 12:01AM** the day OF your procedure except for what is approved in the following instructions.

**In addition, if you are having an afternoon procedure:**

A **clear liquid** breakfast is **REQUIRED** by \_\_\_\_\_ on \_\_\_\_\_ then nothing by mouth. Remember, it is important you do not eat or drink anything at least **six hours prior** to your procedure otherwise it will need to be rescheduled.

**Common questions:**

- Bowel movements often occur about one hour after the first glass. They will continue periodically for approximately 1-2 hours after you finish drinking the last glass.
- A feeling of bloating or nausea may occur due to the large volume of liquid; this is usually temporary and will disappear once bowel movements begin.
- A small amount of Vaseline applied to the rectal area may help relieve any discomfort
- For morning procedures, on the day of the procedure if you are thirsty, drink only a few ounces of water **up to six hours prior** to your procedure time.
- Color of the stool should be yellow or clear and liquid. (Mountain Dew color is common.)

**CLEAR LIQUID DIET**  
**DO NOT DRINK ANYTHING RED OR PURPLE**

**CAN HAVE**

Apple Juice                      Gatorade  
Tang                                Popsicles  
HI-C Fruit Juice                Pop (diet or regular)  
Coffee                              Water  
Broth or Bouillon                Tea  
Plain Jell-O (no fruit or sugar free)

**CANNOT HAVE**

Milk or Milk Products  
Orange Juice with Pulp  
Tomato Juice  
Prune Juice  
Alcohol

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