

CENTER FOR DIGESTIVE HEALTH

Gastroenterology Associates, P.C.

2222 53rd Avenue, Bettendorf, IA 52722 (563) 383-2686

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Day _____
Date _____
Arrival Time _____
Procedure Time _____

GoLYTELY/NuLYTELY SPLIT PREP

Special instructions:

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:

2:30 pm Mix the GoLYTELY/ NuLYTELY as directed and refrigerate.
3:15 pm Remove GoLYTELY/ NuLYTELY from the refrigerator and leave out at room temperature.
3:30 pm Take 2 (two) BISACODYL (Ducolax) tablets.
4:00 to 6:00pm Drink half of the GoLYTELY/ NuLYTELY prep.
8:00 to 10:00pm Drink the second half of the GoLYTELY/ NuLYTELY prep.

- 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

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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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