

LIDDC: GOLYTELY, COLYTE, NULYTLEY INSTRUCTIONS

* FOLLOW THESE INSTRUCTIONS - NOT INSTRUCTIONS IN PREP KIT

A. MORE THAN TWO WEEKS BEFORE YOUR PROCEDURE:

Inform the office **(631) 751-8700** IF:

1. You are **diabetic**
2. You are **allergic to latex**
3. You take **blood thinning products** (Coumadin, Plavix, Aggrenox, Pradaxa, Pletal, Brilinta, Ticlid, Trental, Effient, Xarelto, Eliquis).
4. You have a **prosthetic heart valve**, a history of **endocarditis**, **vascular graft**, **prosthetic joint replacement within the last 12 months**. You may need antibiotic coverage for your procedure.
5. Make sure you have a **driver** to take you home after the procedure.

B. ONE WEEK BEFORE YOUR PROCEDURE:

1. Do not take iron, iron-containing compounds, Vitamin E, fish-oil, advil, motrin, ibuprofen, aleve, naprosyn. You may take Tylenol (acetaminophen).
2. If you are taking aspirin 81 mg/day (baby aspirin) you should CONTINUE this unless otherwise instructed.
3. **Blood work** should be done 7-14 days prior to the procedure. A **pregnancy test** should be done less than **7 days** prior to the procedure if you are a woman of child bearing age.
4. Avoid fruits/vegetables with **seeds**: eg tomatoes, kiwi fruit, caraway, flax, poppy, sesame etc. and corn.

C. THE DAY BEFORE YOUR PROCEDURE:

1. **DO NOT EAT SOLID FOOD**. Drink **only clear liquids** (liquids you can see through). These should **not be RED or PURPLE**. Examples include: apple juice, water, clear broth or bouillon, Gatorade, Snapple, carbonated soda, jello, ice popsicles, black coffee, black tea. (sugar or sweetener is allowed – but NO milk/creamer)
2. Drink at least 8 glasses of clear liquid during the day. It is very important that you stay well hydrated.
3. **Golytely/Colyte/NuLytlely** instructions:
 - a) In the **morning**, add water to bring total volume to 4 liters (level is marked on the bottle). Mix and shake well till dissolved. Do not add additional flavoring or ingredients. Refrigerate this until ready to drink – this improves palatability.
 - b) Start the Golytely/Colyte/NuLytlely prep at 5pm. Drink 8 oz. of the prep every 15 minutes until you are finished. If you become nauseated, stop drinking for 30 minutes. Then resume drinking the prep, pacing yourself until you are able to finish the gallon.
4. If your procedure is scheduled in the **hospital**, **call the evening before** for your arrival time.
 - Mather Hospital 476-2717
 - St Charles Hospital 474-6441

D. THE DAY OF YOUR PROCEDURE: DO NOT EAT ANY FOOD

1. **Do not eat anything after midnight on the day of your procedure**. You **may not drink anything** less than 6 hours before your procedure. No gum or candy. You may brush your teeth.
2. Take your usual morning medications with a **sip** of water.
3. Wear loose fitting clothes. Do not wear contact lenses, jewelry or make-up. Remove tongue piercings.
4. Bring your **inhalers** with you. Bring your **glasses case** with you.
5. Contact the office if you have questions or your physical condition changes (cold, fever, illness) (631) 751-8700.
6. We may **cancel the procedure if you do not have a driver to take you home**. Your driver will need to sign your discharge papers. You may **resume your normal diet** after the procedure. You **may not drive for the rest of the day/night**. You may **resume normal activities** the next day.