



# Colyte / Golytely / Nulytely Colonoscopy Preparation Instructions

**FOLLOW THESE INSTRUCTIONS – NOT THOSE ON THE BOX YOU RECEIVE FROM THE PHARMACY!**

## *Items to Purchase*

- One (1) gallon of prescription prep solution
- Four (4) Dulcolax (Bisacodyl) 5mg oral laxative tablets (no prescription needed)

## *3 Days Before Procedure*

- ✓ Eat a well-balanced diet. Avoid whole grain foods, nuts, seeds, popcorn, raw or dried fruits and vegetables and salads.

## *Day Before Procedure Beginning at 12:01am*

- ✓ For the entire day before your procedure, you should have **NO SOLID FOOD**. You should begin a clear liquid diet.
  - Clear liquids may include water, soft drinks, coffee or tea without cream, popsicles, broth/bouillon, Jell-O, non-pulpy juice, etc.
  - **DO NOT** consume anything red in color OR dairy products.
- ✓ Mix the gallon of prep solution and chill in the refrigerator until time to begin the prep.
- ✓ **2:00 pm:** Take four (4) Dulcolax 5mg tablets with water.
- ✓ **4:00 pm:** Begin drinking 8oz of the prep solution every 15-30 minutes until one half (1/2) of the solution is gone.  
If you become nauseated, stop the prep for 45 minutes then resume.

## *Day of Procedure*

- ✓ Continue a clear liquid diet.
- ✓ **6 hours prior to arrival time:** Over the next 2 hours, drink the remaining half of the prep solution.
- ✓ **4 hours prior to arrival time:** Take any necessary medications. You should be finished drinking the prep solution.

**ABSOLUTELY NOTHING ELSE BY MOUTH AFTER THIS TIME!** (This includes water.)