

**Department of Medicine
Division of Gastroenterology**



Colonoscopy Bowel Preparation Instructions - Golytely/Nulytely

You are scheduled to have a colonoscopy on_____. Please arrive at_____ to the **Endoscopy Center/GIDC on the 4th floor of the Blaustein Building, adjacent to the main hospital.**

- 1) Fill prescription for Golytely/Nulytely.
- 2) Stop taking aspirin, Coumadin, and arthritis medications seven (7) days before the procedure or as directed by physician. Stop taking Plavix (5) days before the procedure unless directed otherwise.
******If you are taking Coumadin, Plavix or anticoagulants, please contact your primary care physician or cardiologist before stopping them.******
- 3) Mix the **Golytely/Nulytely** the morning before the procedure. Place in the refrigerator to chill.
- 4) **You may have only clear liquids the entire day before the colonoscopy.** Please see the "Clear Liquid Diet" chart on the reverse of this page.
- 5) **At 12:00 noon take 2 Dulcolax Laxative tablets .** Drink plenty of clear liquids the rest of the day. You should have a clear liquid lunch.
- 6) Start drinking the solution at **6:00 p.m.** You should drink eight (8) ounces every 20 minutes. If you should feel nauseated, then stop drinking the solution for about 20 minutes. Resume drinking until the entire gallon is finished.
- 7) You may continue to have clear liquids all evening. You may continue with clear liquids until midnight.
- 8) **Do not eat or drink anything after midnight or on the morning of the procedure.**
- 9) You should take your blood pressure and heart medications with a small sip of water on the morning of the procedure.
- 10) Someone must come with you to take you home after the procedure. You will be unable to drive after the procedure.
- 11) The Endoscopy Center/GIDC is located on the 4th floor of the Blaustein Building, main hospital. Parking tickets are no longer validated. You must pay to park.

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT

Please call our office at (410) 601-5392 if you have any questions or concerns.