

# COLYTE OR NULYTELY COLONOSCOPY PREPARATION INSTRUCTIONS

[www.granitepeaksgi.com](http://www.granitepeaksgi.com)

phone 801.619.9000

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

- **The Day before your Exam**

Read all instructions thoroughly.

If you have severe allergies to soy beans and/or eggs, please contact us immediately.

Eat a light breakfast prior to 9:00 AM and then drink plenty of clear liquids only the rest of the day (water, black coffee, tea, soda, broth-*nothing red or purple*).

**Preparation Instructions:**

**Purchase:** 1 gallon of Colyte or Nulytely Oral Solution (prescription only)

Prepare according to the directions on the package.

**6:00PM:** Begin drinking Colyte or Nulytely solution. Drink the entire gallon in 2 to 3 hours. You may take sips of water or clear liquids between glasses of Colyte or Nulytely. Expect to use the bathroom many times through the night. A *soothing ointment* (Desitin, A&D, Vaseline) applied to the anal area will prevent discomfort and skin breakdown.

- **Day of your Exam**

Please drink plenty of clear liquids up until **3 hours before** your arrival time! Take nothing by mouth after that time.

**Bring**

- A list of prescription and over-the-counter medications you are taking, including the dosage/strength and time last taken.
- A completed Patient History Form, Photo ID, Insurance card and information
- If you are sedated, you **must** have a responsible driver to drive you home.

**Prescription Medications**

- Take only your heart, blood pressure, asthma and seizure medications as prescribed. If these medications are regularly taken in the morning, take as prescribed with a small sip of water at least **3 hours before** your arrival time. **Bring your inhaler with you!**
- If you take regular narcotic medication for pain relief, please stay on schedule but take at least **3 hours before** arriving.

**Diabetics**

- Test your blood sugar before coming in for your procedure and bring the reading with you. *If you take oral medication* for your diabetes: **do not take it** the morning of your procedure. *If you take insulin:* **do not take it but bring your insulin** with you.
- If you have any questions regarding your oral medication or insulin dosages, please contact the physician that manages your diabetic care.

**Patients on Blood Thinners**

- If you are taking blood thinners such as Coumadin, Warfarin or Plavix, **call your prescribing physician and ask whether you are able to stop taking the medication** for the 3 day period before your procedure.
- If a biopsy is required during your colonoscopy, and you **have not** discontinued your blood thinners for 3 days, you may be required to reschedule your colonoscopy for a later date, due to the increased risk of bleeding.

**Nursing Mothers**

- After receiving sedation, pump and dump twice before nursing your baby.

If you have any questions after reviewing these instructions, please refer to our website [www.granitepeaksgi.com](http://www.granitepeaksgi.com), or call your physician.