



GRANITE PEAKS GASTROENTEROLOGY

COLYTE OR NULYTELY COLONOSCOPY PREPARATION INSTRUCTIONS

www.GranitePeaksGI.com

phone 801.619.9000

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 package directions.
- **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 **2 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. **Please have your driver remain in the facility waiting area during your procedure.**

Prescription Medications

- Take your heart, blood pressure, asthma, and seizure medications as prescribed. Take these medications with clear liquids at least **2 hours before** your arrival time. **Bring your inhaler with you!**
- If you take regular narcotic medication for pain relief, please stay on schedule and take at least **2 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.** **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 if you may stop taking the medication** for 3 days 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, or call your physician.