

## Prescription Polyethylene Glycol Double Prep Instructions (NuLYTELY<sup>®</sup>, Colyte<sup>®</sup>, or GoLYTELY<sup>®</sup>)

Your Exam is Scheduled for \_\_\_\_\_ Time of Arrival: \_\_\_\_\_

**Your time MAY change due to cancellations. We will call you the day before to confirm your appointment.**

If you have any questions about your exam or appointment, please contact the Perioperative Nurse Educator at 715-483-0442, Monday through Friday between 8:30 AM and 5:00 PM. If after these hours, please contact the Nursing Supervisor at the hospital at 800-828-3627 for any other questions or if you need to cancel.

If you are taking aspirin for any heart condition as advised by your physician, DO NOT stop taking it. Since it can be dangerous to stop any anticoagulation medication, always check with your provider before stopping these medicines.

### Before the Exam

- If you take insulin or a diabetes pill, contact your primary care doctor for medicine and dietary instructions.
- Tell the nurse if you are:
  - Allergic to any medicines or latex
  - Pregnant
  - Have heart or lung problems
  - Have bleeding issues after surgery or dental work
- Arrange to have someone drive you home after the exam. You will be given a medicine that will make you sleepy and you will not be able to drive or walk home. If you do not have someone to drive you home, your test will be canceled.
- Pick up your prescription for NuLYTELY<sup>®</sup>, Colyte<sup>®</sup>, or GoLYTELY<sup>®</sup> at your pharmacy. You will drink a total of six (6) litres of the prescription prep.

**One (1) Week Before the Exam** Start the low fiber diet (see attached).

### Two (2) Days Before the Exam

- **Follow a Clear Liquid Diet the entire day.** A clear liquid diet consists of water, coffee or tea (without milk or nondairy creamer), Gatorade<sup>®</sup> or Powerade<sup>®</sup> (no red or purple), Pedialyte<sup>®</sup>, carbonated and non-carbonated soft drinks, clear fruit juices without pulp (apple, white grape, powdered lemonade), broth, Jello<sup>®</sup> (no red Jello<sup>®</sup>), popsicles (no red or purple) and hard candies are acceptable.
- **DO NOT drink:** tomato juice, orange juice or any red- or purple-colored liquids, alcoholic beverages, milk or non-dairy creamer. **DO NOT eat any solid foods.**

**Information Continued on Other Side**

Before beginning your colonoscopy prep, drink additional clear liquids to prevent possible dehydration from the prep. Continue to stay hydrated during the prep and after your procedure by continuing to drink clear liquids, even after you return home.

### The Day Before the Exam

- **Continue to follow a Clear Liquid Diet the entire day.**
  - **DO NOT drink:** tomato juice, orange juice or any red- or purple-colored liquids, alcoholic beverages, milk or non-dairy creamer. **DO NOT eat any solid foods.**
  - **Drink at least eight (8) glasses of water throughout the day.**
- 12:00 PM (Noon):** Drink the first two (2) litres (64 ounces) of the NuLYTELY®, Colyte®, or GoLYTELY® solution. Drink one (1) glass of eight (8) ounces of the solution every 15 minutes until you have finished two (2) liters (64 ounces). Do not drink any other liquids while you are drinking the prescribed solution. If you are unable to drink it all, contact the Nursing Supervisor at the hospital at **800-828-3627**.
- 6:00 PM:** Drink another two (2) litres of the NuLYTELY®, Colyte®, or GoLYTELY® solution. Drink one (1) glass of eight (8) ounces of the solution every five (5) minutes until you have finished two (2) liters (64 ounces). This completes the first four (4) litres of prep. Do not drink any other liquids while you are drinking the prescribed solution.

### The Day of the Exam

- *You may have to plan to get up early.*
- **Five (5) hours before arriving for your exam,** drink the final two (2) liters (64 ounces) of the NuLYTELY®, Colyte®, or GoLYTELY® solution. You should drink one (1) glass of eight (8) ounces of the solution every 15 minutes. **Do not drink any other liquids while you are drinking the prescribed solution.**
- You may have clear liquids up to four (4) hours before you are scheduled to arrive for your exam.
- Your stop time is: \_\_\_\_\_.
- Take any regular medicine with a small sip of water.
- When you arrive for your exam, check in with the Same Day Surgery Center located through the main hospital entrance. Be sure to bring your insurance card and photo ID.
- **Someone must drive you home.** You cannot drive the rest of the day or walk home.

### During the Exam

- You will be asked to lie on your left side with your knees drawn up. Your doctor will insert a scope through the rectum and pass it into your colon. The doctor will use a small amount of air to expand the colon to see the colon walls.

### After the Exam

- The nursing staff will monitor you for about 60 minutes.
- Your doctor will talk with you about the results of the exam before you leave. You may not remember what your doctor tells you; your doctor may also talk to your family.
- Your nurse may also discuss your results and assist you if other appointments are needed.
- You may resume your normal diet and medicines.
- **Be sure to replenish your system by drinking clear liquids when you return home.**