



Gavilyte/Nulytely/Colyte Split Dose Prep

3 Days Prior: Avoid raw fruits and vegetables, whole wheat or high fiber foods. Examples of a low fiber diet include (but are not limited to): white bread, white rice, pasta, fish, chicken, eggs, creamy peanut butter, cooked/steamed/boiled vegetables, milk, plain yogurt and cheese. Avoid seeds, nuts, popcorn, bran. If you have eaten any high fiber foods or medications, please stop and continue the prep. You should keep your appointment.

Day Before Procedure: From the time you wake up the day before your procedure you are to be on a **full liquid diet** only. This includes water, clear broth or bouillon, coffee or tea, Gatorade, Pedialyte, carbonated and non-carbonated sodas, fruit juices without pulp, Jell-O, and popsicles. You can use yogurt, pudding, cream soup, Glucerna, Boost and Ensure. No red or purple liquids. No alcohol.

At 6:00 pm: Start to drink the first half of the NuLyte/Colyte solution. Add water to the container, filling it up to the marked "Fill Line" and shake the container until the powder is dissolved. Drink an 8 ounce glassful every 10-15 minutes for two hours. This should equal 8-9 glassfuls total (or half the container). Refrigerate the remaining solution to drink in the morning. If you feel nauseous from the quick consumption of fluids, you may stop until the nausea subsides. Resume drinking the preparation as soon as possible. The solution may be mixed ahead of time and chilled in the refrigerator for better taste. Use within 24 hours after mixing. After finishing the first half of the Nulytely/Colyte preparation, you should continue to drink additional **clear** liquids. This will help with the quality of the prep as well as help with your hydration. Individual responses to laxatives can vary. It often works within 30 minutes but may take up to several hours before it starts to work. The prep will cause multiple bowel movements. Apply A&D ointment or Vaseline to the rectal area to prevent irritation if needed. Soaking in a warm tub may help as well.

Day of Procedure: Stay on a **clear liquid diet**. Between 5:00 – 6:00 am on the morning of your procedure, drink the remaining Nulytely/Colyte solution. Drink an 8 ounce glass every 10-15 minutes until gone. Drink all the remaining liquid in the container. You must finish drinking the final glass of solution at least 4 hours before your scheduled procedure time. You may drink additional sips of clear liquid up until 4 hours before the exam. Then only sips of water until your procedure. You may take your medications the morning of the exam. If you finish the prep and your stools are not clear, please call Tri-State Day Surgery 509-758-4676.

Before the colonoscopy, you'll receive medication to relax you and minimize any discomfort. **You must bring someone with you to drive you home. You should not drive until the next morning after your procedure.** If any indications of serious illness are found, you and/or your family will be notified immediately following the procedure by the doctor. In other cases a follow up with the provider will be scheduled.

After your examination, you may resume your normal diet unless special instructions have been given to you upon discharge. Common side effects of colonoscopy are gaseous distention or minor lower abdominal cramping that usually resolves rapidly and requires no treatment. If you should develop a large amount of rectal bleeding, severe abdominal pain or fever, you should contact your physician immediately.

Report to **Tri State Day Surgery 1221 Highland Ave.** Clarkston, WA 99403. 509-758-4676

On _____ Check in at _____

Your Follow up appointment is scheduled for _____ Check in at _____

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Frequently Asked Questions

- **What is a clear stool?** A clear stool can have a slight tint of yellow or brown. It will be completely transparent, and will not contain any solid matter. The bottom of the toilet can be seen through clear stool.
- **I am not having bowel movements, what should I do?** Bowel movements can take up to 2 hours to start after beginning the prep, but may take 5-6 hours, depending on the person. Be patient, continue to drink clear liquids. If you have not had a bowel movement by midnight the night prior to your procedure, you should obtain a bottle of magnesium citrate (296mL), from your local pharmacy, and drink the entire bottle.
- **The prep is making me nauseous, what should I do?** If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.
- **What are some high fiber foods I should avoid?** Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads, beans and lentils.
- **If I eat popcorn or seeds 3 days before my procedure, do I need to reschedule?** You will not need to reschedule your procedure, however the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.
- **Can I drink ALCOHOL on the liquid diet?** Alcohol is not allowed as part of the clear liquid diet.
- **Can I continue to be on the liquid diet after I begin consuming the laxatives?** Yes, we encourage you to continue the clear liquid diet until you are directed to discontinue anything by mouth, which is typically three (3) hours before the procedure.
- **Why do I have to wake up so early for the second dose, can't I take it all the night before?** A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.
- **If I weigh under 100 pounds, do I need to take all of the prep?** The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.