



Colonoscopy with Nulytely, Golytely, Colyte, Trilyte, Gavilyte, or Generic Equivalent

EFFECTS OF BOWEL PREPARATION:

These solutions will cause you to have repeated loose stools (diarrhea), which is the expected result. These solutions typically work within 30-60 minutes but may take as long as 4 hours to have an effect. During the preparation process, you are advised to have a bathroom nearby.

If you have any issues related to your prep please call us at the Endoscopy Center at 410-296-4415. Thank you

IV sedation or anesthesia is given during your procedure. Due to regulatory requirements and for your safety, you must arrange for an adult (18+) to drive you home, or risk procedure cancellation. You may not utilize Uber or Lyft.

GENERAL INFORMATION:

- You may take your heart, blood pressure, seizure, or steroidal routine medications with a small sip of water on the day of your exam. Hold all other medications. Please bring your inhaler if you regularly use one.
- You will not be able to drive, operate machinery, make important decisions, or return to work for the rest of the day. You may resume normal activities the next day unless the doctor states otherwise.
- The center is not responsible for your property. Do not wear jewelry or bring valuables with you.
- If you wear an insulin pump, please make sure to wear it the day of your procedure.
- Ileostomy/ Colostomy patients must bring a new pouch with them the day of procedure.
- **THE DAY PRIOR TO YOUR COLONOSCOPY, YOU MAY ONLY HAVE CLEAR LIQUIDS. YOU MUST STOP CONSUMING CLEAR LIQUIDS THREE HOURS PRIOR TO YOUR SCHEDULED ARRIVAL TIME.**
- **COVID Policy: If you have tested positive for COVID within two weeks of your procedure, you will have to reschedule. If you have tested positive for COVID over two weeks prior to your procedure but still are actively having symptoms within the two weeks before your procedure, please call us at 410-296-4415 to be assessed by nursing ASAP. Thank you!**

5 – 7 DAYS BEFORE YOUR PROCEDURE:

IF YOU ARE TAKING Ozempic, Wegovy, Semaglutide, Trulicity, Mounjaro, or any similar medications you will need to be on clear liquids 24 hours prior to procedure. Please visit our website www.ecnb.org for further information. If you are taking **phentermine** or phentermine like products, please discontinue use 7 days prior to procedure.

It is recommended to stop taking iron, vitamin E, ibuprofen, (Motrin, Advil, Aleve), Mobic, Naprosyn for 7 days before procedure. Tylenol is an acceptable substitute unless instructed otherwise.

If you are on Aspirin, Coumadin, Warfarin, Plavix, Heparin, Lovenox, Fish Oil, or any other blood thinners: these will need to be held. Please consult with your prescribing physician.

****IMPORTANT:** A history & physical is required within 30 days of your exam. We do NOT require labs or EKG.

Our office does supply history and physical forms upon request. Please contact our office directly if you or your physician has any questions.

PLEASE NOTE: our office does check voicemails on Saturdays and Sundays. If you leave a voicemail with a time sensitive matter, someone will return your call.

WHAT YOU CANNOT DRINK



- Any liquid that is red, orange, blue, or purple in color
- No milk, dairy cream, or non-dairy products
- No alcohol, no marijuana
- No orange juice

WHAT YOU CAN DRINK

- White grape juice, white cranberry juice, and apple juice
- Kool-Aide, Powerade, Gatorade, and powdered Crystal Light
- Popsicles and Italian Ice
- Broth or bouillon: beef, chicken, or vegetable flavored
- Water, soda, tea, or coffee
- Hard candy and sugar
- Jell-O

NO red, orange, blue or purple liquid from this list

THE KEY TO A GOOD PREPERATION

Drink plenty of the correct fluids, see 'What You Can Drink' list above. You must take ALL of the PREP solution as directed to clean your bowel adequately. Even if you are passing clear liquid, you must continue to take the entire dose of the prep the day before your exam. Failure to follow prep instructions may result in rescheduling of the procedure due to poor preparation.

THE DAY BEFORE YOUR COLONOSCOPY

- **No solid food, no alcohol, no marijuana**
- **Clear liquids only all day**
- **8 oz. = 1 Cup and 16 oz. = 2 Cup**

8 AM: Mix water with your bowel prep powder until it is all dissolved.

KEEP COLD in the refrigerator. You may add powdered Crystal Light or use the "flavor packs" for better taste.

- **NO red, orange, blue, or purple liquid.**

4 PM – 5 PM: Begin drinking the solution at a rate of 16 ounces every 30 minutes (over 4 hours) until the container is empty.

- Please continue to drink clear liquids until bedtime.
- Apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.
- Confirm that you have a driver to take you home after your procedure.



THE DAY OF YOUR COLONOSCOPY

- You should take your essential medications with a small sip of water (e.g. heart and blood pressure).
- If your procedure is scheduled for the afternoon, you may have clear liquids up until 4 hours prior to your procedure.

STOP drinking liquid at _____ AM/PM

- Please refer to the 'What You Can Drink' list in the first column. **No red, orange, blue, or purple liquid.**
- **No liquids 4 hours before procedure.**
- The correct time of this dose is essential to an effective preparation.





Frequently Asked Questions

- 1. Why was I provided with two different times for my procedure?** We list your procedure time as well as your arrival time. It is necessary for you to arrive at the Endoscopy Center 1 hour and 15 minutes prior to your actual procedure time so you may complete any paperwork and the nurse can get you prepped for your procedure.
- 2. What should I bring with me on the day of my procedure?** You should bring your photo ID, insurance cards, a list of all medications and supplements that you take, your copay (if applicable) and a responsible driver to take you home.
- 3. Why can't I take an Uber/Lyft or Taxi home?** For safety reasons we cannot allow you to take a ride share home, and you absolutely CANNOT drive yourself home.
- 4. Do I really have to wake up in the middle of the night to drink the second bottle of my prep?** Yes! The physicians have organized the times so that you are the most cleaned out for your procedure. Please follow the times as closely as possible for the best outcome.
- 5. If my stool is coming out clear after drinking the first bottle of prep, do I need to take the second bottle?** Absolutely! If you do not take all of the prep, there is a possibility that you will not be cleaned out enough for the physician to complete the procedure.
- 6. Why can't I have red, purple, or orange liquids?** There is a chance that the color will persist in the colon and could present as blood.
- 7. Is there anything I can use to manage the soreness from using the bathroom so much?** You may use Vaseline, Preparation H, Desitin, Tucks Pads, or similar products.
- 7. What if I have questions about the medications I take?** Please call us at 410-296-4415 to speak with a nurse, or, visit our website www.ecnb.org
- 8. What if I have a history of chronic or severe constipation? How about if a colon prep has not worked for me in the past?** We have a different prep protocol for patients who have a known difficulty clearing their colon. Please call us at 410-296-4415 and we will be happy to provide the additional instructions for a two-day prep procedure.