

Novant Health Gastroenterology Brunswick

Golyte/Nulytely Colonoscopy Instructions

Your procedure has been scheduled at:

	Novant Health Brunswick Medical Center 240 Hospital Drive NE Bolivia, NC 28422
	Novant Health Brunswick Endoscopy Center 13 Medical Campus Drive NW, Suite 101 Supply, NC 28462

Your procedure will be performed by:

	Dr. Scott Itzkowitz
	Dr. Frank Holt

Procedure Date: _____

Estimated Arrival time: _____

Medication instructions:

GENERAL INSTRUCTIONS:

1. **You will need a responsible adult to drive you to and accompany you at your appointment. They should remain at the location of your procedure until you have been discharged to leave the facility after the procedure is complete. You should plan to be at the facility 2-4 hours. Please DO NOT use a taxi, shuttle or bus for transportation. You will not be able to have your procedure unless you have a responsible adult present with you during your entire visit.**
2. Tylenol (acetaminophen) may be taken for a pain reliever.
3. STOP taking oral iron or fiber supplements **5 days** prior to your procedure.
4. If you are diabetic, you should hold your Metformin (Glucophage) for **24 hours before** your procedure. Any other oral diabetic medications should be held the morning of the procedure. Please check your blood sugar before arriving to your procedure. Notify the team immediately when you arrive for the procedure if your blood sugar is 70 or below.
5. If you are on Coumadin or other anticoagulants, let your doctor know so that further instructions can be provided.
6. Stop taking diet pills such as phentermine **2 weeks** prior to your procedure.
7. Be sure to wear comfortable clothing.
8. **DO NOT DRINK ANY ALCOHOL** once you begin your prep.

PROCEDURE PREPARATION:

For the best procedure results, it is important that you are properly prepped. Please follow the instructions below to optimize the visualization of your colon during your procedure.

2-3 DAYS BEFORE YOUR PROCEDURE:

Begin drinking plenty of fluids to avoid dehydration. A reasonable recommendation is 64 ounces of fluids per day.

Eat light, smaller portions.

Avoid nuts, seeds, salad, fruits and vegetables. (You may eat potatoes)

DAY BEFORE YOUR PROCEDURE:

Time	Instruction
Early am	Add water to bottle of Golyte or Nulytely and refrigerate
8:30 am	Light Breakfast- AVOID DAIRY PRODUCTS
AFTER 8:30 AM	START A CLEAR LIQUID DIET. AVOID LIQUIDS AND JELL-O's THAT ARE RED, PURPLE OR ORANGE! Examples of clear liquids: <ul style="list-style-type: none">• Black coffee, plain tea• Clear juice (no pulp)• Broth• Soft drinks• Kool-Aid, Crystal Light or Gatorade (If diabetic please use Crystal Light)• Popsicles• Jell-O Be sure to drink 8 ounces of clear liquids every hour! This will help you feel better and it will be easier to start your IV if you are hydrated.
4:00 PM	<ul style="list-style-type: none">• You may add Crystal Light to the prep mixture for a more desirable taste.• The prep is best when it is cold. Keep refrigerated and DO NOT pour into ice.• Drink one 8 ounce glass of the prep every 10-15 minutes until half of the prep is gone. This will be eight 8 ounce glasses and will take approximately 2 to 2 ½ hours to drink.• You may start to feel chilled. This is not unusual.• Your bowels will typically start moving approximately 1-3 hours after you begin drinking your prep.• Keep prep in the refrigerator during and after this step.• Resume your clear liquid diet.

DAY OF PROCEDURE:

Time	Instruction
8 hours prior to procedure	<ul style="list-style-type: none">• Begin drinking the second half of the prep.• Drink one 8 ounce glass of the prep every 10-15 minutes. You should finish the ENTIRE bottle of the prep.
6 hours before procedure	<ul style="list-style-type: none">• STOP drinking clear liquids and remain NPO (Nothing by mouth).• DO NOT have anything by mouth including chewing gum and mints.

OUTPATIENT DISCHARGE INSTRUCTIONS:

1. It is advised that you go home and rest for the remainder of the day.
2. For the next 24 hours:
 - DO NOT** Drive or operate any machinery.
 - DO NOT** Consume any alcoholic beverages.
 - DO NOT** Sign any legal documents or make critical decisions.
3. Drink plenty of fluids to stay hydrated.
4. You may resume normal diet.
5. After your procedure you may experience light cramping or fullness due to the air remaining in your bowel. This is normal. Light walking, lying on your stomach or left side may help you release the remaining air.
6. Until your body begins to digest solid food again, you may experience loose stools.

***If you have any questions regarding your procedure, please call the office at 910-754-5988. We are available Monday through Friday from 8 a.m. until 4:30 p.m.**

***If you need to cancel or reschedule your procedure, please call 910-721-4246. We ask that you give at least 72 hour notice of any cancellations or reschedules. Scheduling hours are Monday through Friday from 8 a.m. until 4:30 p.m.**

Thank you for choosing Novant Health Gastroenterology Brunswick for your healthcare needs. We are committed to providing you the best care possible. We hope your experience is remarkable!