

Dr. McCallum-Golytely/Nulytely/Colyte Bowel Preparation Instructions

PLEASE READ ALL OF THESE INSTRUCTIONS CAREFULLY

At anytime should you have any questions about the instructions, please contact our office at (520) 327-3454 (during normal business hours) so a staff member can go over them with you.

5 DAYS BEFORE YOUR EXAM

- **STOP** taking all anticoagulants; Coumadin, Heparin, Lovenox, Plavix, Aggranox (if okay with your Primary Care physician or Cardiologist). If you must continue them, please let us know.
- **STOP** any bulking agents; Metamucil, Citrucel, Gemfibrozil, Ginseng, Ginkgo, Garlic tablets, Vitamin E, Multi Vitamins, & Iron supplements.

3 DAYS BEFORE YOUR EXAM

- **STOP EATING ALL** Nuts, Seeds, Red Meat, Leafy Vegetables, Fruit Skins, Salads, Popcorn, Beans (all kinds), Corn, Tomatoes, Salsa, Corn Chips.
- **YOU MAY HAVE:** Pasta, Eggs, White Rice, Mashed and Sweet Potatoes, Chicken, Fish, White Bread, Cheerios, Pudding, Yogurt, Milk Shakes, Cheese, Creamy Soups, Oatmeal, Bananas, Peeled Apples and Applesauce.

DAY BEFORE YOUR EXAM – Clear liquid diet only.

- **Do not** take any oral diabetic medications the day before or the morning of your exam.
- **Insulin dependent diabetics** should take ½ the usual dose of Insulin the day before your exam and ½ the usual dose on the day of your exam. Continue to monitor blood sugar as usual.
- Take any heart and/or blood pressure medications as usual.
- **IN THE MORNING** mix the NULYTELY/GOLYTELY/COLYTE (1 gallon laxative) with water & refrigerate. If it is the unflavored powder & you wish to flavor the beverage, add Crystal Light powder (lemon or lime flavor) into the gallon mix.
- Drink as much of the **clear liquid diet** as you can through out the day which includes; **Beverages-** Soft drinks (orange, ginger ale, cola, Sprite, 7-Up, etc), Gatorade, Kool-Aide, strained fruit juices w/o pulp (apple, white grape, lemonade, etc.), water, tea, or coffee. **No milk or non-dairy creamer. No beverages that are red or purple in color. Soups-** Low sodium chicken or beef bouillon/broth. **Desserts-** Hard candies, Jell-O (lemon, lime, or orange; no fruit or toppings), or popsicles (no sherbets or fruit bars).
- **Lunch and Dinner ~ LIQUID DIET ONLY** Drink all the clear liquids you like. **NO SOLID FOOD.**
- **AT 5 PM ~** Start drinking the NULYTELY/GOLYTELY/COLYTE. **Drink only ½ of the 1 gallon laxative.**
- Refrigerate the remaining ½ gallon of laxative for tomorrow.
- Individual responses to laxatives vary. Remain close to a toilet, as multiple bowel movements will occur.

DAY OF YOUR EXAM – Clear liquids only as directed. **NO** solid food until exam has been completed.

- Starting at _____ drink the remainder of the 1 gallon laxative within 2 hours.
- Take any heart and/or blood pressure medications as usual.
- **STOP DRINKING CLEAR LIQUIDS 2 HOURS PRIOR TO YOUR EXAM. Nothing after _____.**
- Please wear sensible shoes (NO heels) and comfortable clothing.
- **Please bring a list of your medications with you.**

*****YOU MUST HAVE SOMEONE DRIVE YOU HOME AFTER YOUR EXAM. WE REQUEST THAT YOUR DRIVER REMAIN DURING YOUR EXAM*****

**** Our facility doors open at 6:30am. Should you be scheduled for an early morning appointment, please plan your arrival accordingly.****

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