

## SUMMIT DIGESTIVE & LIVER DISEASE SPECIALISTS

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### **BOWEL PREPARATION FOR GOLYTELY/NULYTELY/GAVILYTE**

#### **FIVE DAYS BEFORE YOUR COLONOSCOPY:**

- Aim to have a light, low fiber diet (50% less of what you regularly eat) to reduce stool production
- Avoid nuts, lettuce, fruits and vegetables with seeds and popcorn
- Take Milk of Magnesia 3 tablespoons every night at bedtime
- Stop taking iron supplements and NSAIDs (Ibuprofen, Advil, Motrin, Aleve, Naproxen)

#### **THE DAY BEFORE YOUR PROCEDURE: Follow a clear liquid diet ALL day long (NO SOLID FOOD):**

- Drink 8 oz (1 cup) of clear liquids every hour while awake
- Water (Plain, carbonated or flavored)
- Fruit juice without pulp (Apple juice or white grape juice)
- Lemonade or clear colored soda (Sprite, 7-up)
- Black coffee or tea (DO NOT ADD ANY MILK OR CREAM)
- Sports drinks such as Gatorade, Powerade, etc (NO RED OR PURPLE)
- Clear, fat-free broth (Chicken, beef or vegetable)
- Popsicles without ANY milk, fruit bits, seeds, nuts (NO RED OR PURPLE)

#### **Golytely/Nulytely/Gavilyte:**

– 9:00AM the day before your procedure: Mix the solution according to the directions on the bottle and refrigerate.

-- 1:00PM the day before your procedure: Start drinking  $\frac{1}{2}$  the gallon (8 cups). Drink 1 8oz cup every 15 minutes. It should take about 2 hours to finish the  $\frac{1}{2}$  gallon. After finishing the first half gallon drink 2 8oz cups of any clear liquid. Put the second  $\frac{1}{2}$  gallon back in the refrigerator.

-- 6:00PM the day before your procedure: Take 4 tablets of Dulcolax followed by 2 8oz cups of any clear liquid

– 9:00PM the day before your procedure: Start drinking the second  $\frac{1}{2}$  gallon (8 cups). Drink 1 8oz cup every 15 minutes. It should take about 2 hours to finish the second  $\frac{1}{2}$  gallon. After finishing the second  $\frac{1}{2}$  gallon drink 2 8oz cups of any clear liquid.

**\*\*IMPORTANT: YOU NEED TO STOP DRINKING LIQUIDS 6 HOURS BEFORE YOUR PROCEDURE TIME!\*\***

**\*\*IMPORTANT: ASK A FRIEND OR RELATIVE TO DRIVE AND ASSIST YOU HOME AFTER THE PROCEDURE. YOU CANNOT TAKE AN UBER OR TAXI HOME ALONE!\*\***

#### **DIABETIC PATIENTS:**

- If you are taking an oral hypoglycemic: **DO NOT** take it the day before and of your procedure.
- If you are taking **insulin**, please take half of your prescribed AM insulin dose the day before the procedure and **skip your night time insulin dose**.

#### **MEDICATION INSTRUCTIONS:**

- **You will need to stop the medications listed below 5 days before the procedure:**  
Anticoagulants/blood thinners: Coumadin/Warfarin, Apixaban/Eliquis, Plavix/Clopidogrel, Rivaroxaban/Xarelto, Ticagrelor/Brilinta, Prasugrel/Effient.  
Consult your prescribing doctor before stopping this medication.
- **You may take your regular medication unless instructed otherwise.**

**If you have any questions please contact our office at 630-889-9889**