



GASTROENTEROLOGY  
CENTER of NEW YORK

**GOLYTELY BOWEL PREP**

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**YOU ARE SCHEDULED TO HAVE A COLONOSCOPY ON \_\_\_\_\_**

**YOUR ARRIVAL TIME IS \_\_\_\_\_ WITH DR. JASON RUBINOV**

**PURCHASE AT THE PHARMACY:**

1. Two (2) 5mg Dulcolax Laxative Tablets (bisacodyl – generic name)
2. One (1) bottle of Golytely/Nulytely (PEG 3350 – generic name)

**MEDICATIONS:**

**PLEASE DO NOT TAKE:**

|                              |                                                                                                    |
|------------------------------|----------------------------------------------------------------------------------------------------|
| <b>7 DAYS PRIOR TO EXAM:</b> | <b>Effient, Ibuprofen (Advil, Motrin/Aleve)</b>                                                    |
| <b>5 DAYS PRIOR TO EXAM:</b> | <b>Brillinta, Coumadin, Plavix</b>                                                                 |
| <b>3 DAYS PRIOR TO EXAM:</b> | <b>Artrixa<br/>NO ILLICIT DRUGS (Cocaine, methamphetamines, etc.)</b>                              |
| <b>2 DAYS PRIOR TO EXAM:</b> | <b>Persantine</b>                                                                                  |
| <b>1 DAY PRIOR TO EXAM:</b>  | <b>Xarelto, Eliquis, Pradaxa, Lovenox, Fragmin, Innohep,<br/>NO Marijuana, Alcoholic beverages</b> |
| <b>1 DAY PRIOR TO EXAM:</b>  | <b>Oral diabetic medications (i.e Metformin, Glucophage etc.)</b>                                  |
| <b>MORNING OF EXAM</b>       | <b>Do not take insulin</b>                                                                         |

- You may also wish to discuss the risks and benefits of temporarily discontinuing these medications with your family physician or cardiologist.

**PLEASE TAKE:**

|                        |                                                                                                                                                    |
|------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>1 DAY PRIOR</b>     | <b>If you are on an Aspirin regimen; please continue it prior to your exam</b>                                                                     |
| <b>1 DAY PRIOR</b>     | <b>If you use insulin; give yourself ½ the units (The procedure will be canceled if your blood glucose is over 300.</b>                            |
| <b>MORNING OF EXAM</b> | <b>Please continue to take medication for heart disease, high blood pressure or seizures on the morning of your exam with a small sip of water</b> |

**THREE DAYS BEFORE COLONOSCOPY:**

**\*NO BEANS OR CORN\***

**ONE DAY PRIOR TO COLONOSCOPY:**

1. You are allowed to eat a low residue meal for breakfast (soft food diet), completed by 10AM  
**Example: eggs (NO fried), cereals (except whole grain and barley), white or seedless rye toast with butter or margarine, bananas, applesauce, peaches & pears without skin, juice without pulp, coffee, tea, etc.**



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2. Following the soft food diet for breakfast **NO SOLID FOOD! ONLY CLEAR LIQUIDS FOR THE REST OF DAY!** (Examples of clear liquids: *apple juice, white grape juice, broth of any kind, ices (that melt into clear liquids), coffee/tea (no milk), Jell-o, clear juice/soda (no red/purple)*). **PLEASE AVOID RED/PURPLE COLORS. NO ALCOHOLIC BEVERAGES**
3. **At 5:00 pm** – Take 2 Dulcolax tablets with 8 ounces of clear liquid
4. Mix the powder in the Golytely/Nulytely container as per the manufacturer’s instructions. Stir thoroughly. (If you prefer to refrigerate after solution is mixed, it is ok)
5. **At 5:00 pm** - drink an **8 ounce glass of the solution** every **15-20 minutes** until you have drank 64 ounces (**half of the solution/or eight(8) 8oz glasses of the solution**). The goal is to drink the fluid within 60-90 minutes.
6. Remain close to toilet facilities.
7. You may not have a bowel movement or many bowel movements after taking the first ½ of the Golytely solution. This does not mean the preparation is not working.
8.  **11:00 PM (For procedures scheduled between 7:00 AM and 11:00 AM)**  
 **6:00 AM (For procedures scheduled at or after 11:00 AM)**  
- Drink an **8 ounce glass of the solution** every **15-20 minutes** until you have drank the rest of the 64 ounces (**the rest of the solution**)
9. As a reminder, please continue to **ONLY CONSUME CLEAR LIQUIDS (NO SOLID FOODS)**.
10. **You may continue your clear liquid diet until three (3) hours prior to your exam. After this you may not have anything to eat or drink including gum, candy or mints.**
11. You can expect to have frequent watery bowel movements for between 90 to 120 minutes after completing the Golytely/Nulytely Solution
12. The ideal “end result” is to have bowel movements that are clear of all debris and have a yellowish tinge.
13. It is important to take all of the Golytely/Nulytely solution so that the doctor will be able to see your entire colon clearly.
14. **YOU MUST HAVE AN ESCORT TO TAKE YOU HOME AFTER THE PROCEDURE. IF YOU DO NOT HAVE AN ESCORT, YOUR PROCEDURE WILL BE CANCELLED.**
15. If for any reason you need to cancel your procedure, you must call at least 48 hours in advance to allow other patients to be scheduled for procedures. Cancellation fees may apply if you do not call to cancel and do not show for your procedure.
16. PLEASE CALL THE OFFICE AT (718) 332-3100 IF YOU HAVE ANY QUESTIONS.