



Nulytely/Golytely prep instructions

IF YOU DO NOT FOLLOW THESE DIRECTIONS, YOUR COLONOSCOPY WILL BE CANCELLED.

Transportation on the day of your exam: You are not allowed to drive, take a taxi or bus, or leave the Ambulatory Treatment Center alone. **If you do not have a responsible driver (family member or friend) with you to take you home, your exam cannot be done with sedation and will be cancelled.**

Report to third floor registration desk in Touro hospital at your appointed time.

One day before colonoscopy

- **Start on a clear liquid diet (see chart on back of sheet), no solid food all day**
- **6 PM start drinking 1 cup of solution every 10 minutes until half of the jug is empty.**
- **9 PM Take 2 gas tablets with 1 cup of clear liquid**
- **10 PM take 2 gas tablets with 1 cup of clear liquid**

Day of colonoscopy

- **3 AM Drink remainder of prep solution, 1 cup every 10 minutes until jug is empty**
- **4 hours before colonoscopy, no more drinking**

Medications

If you take blood thinners, blood thinners include:

- Coumadin® (warfarin)
- Plavix®(clopidogrel)
- Ticlid® (ticlopidine hydrochloride)
- Agrylin® (anagrelide)
- Xarelto® (Rivaroxaban)
- Pradaxa® (Dabigatran)
- Eliquis® (Apixaban)
- Effient® (Prasugrel)
- Brilinta (Ticagrelor)
- Aggrenox (ASA and Dipyridamole)
- Asprin 325mg
- **Hold for _____days before your procedure.**



Diabetics: Take half your usual insulin dose the evening before your procedure, No insulin, or oral diabetic medications morning of colonoscopy

All other medications should be taken the day of the exam with a sip of water.

Clear Liquids (No Red, Blue, or Purple Liquids)	DO NOT DRINK
Gatorade®, Pedialyte® or Powerade®	Alcohol
Clear broth or bouillon	Milk or non-dairy creamer
Coffee or tea (no milk or non-dairy creamer)	Noodles or vegetables in soup
Carbonated and non-carbonated soft drinks	Juice with pulp
Kool-Aid® or other fruit-flavored drinks	Liquid you cannot see through
Strained fruit juices (no pulp)	
Jell-O®, Popsicles®	
Water	

If you have questions, please call the clinic at 504-897-8005

Communicate with us through patient portal:

Patient.portal.lcmchealth.org/Mychart/Authentication/Login?