



### **Colyte Prep for your morning procedure**

**The GI Associates Office will fax your prescription for colyte (also known as Golytely or Nulytely) to your pharmacy. You will need to pick up your bowel prep at least 2 days before your scheduled procedure. Call GI Associates of NH at 603-228-1763 if your bowel prep is not available for pick-up at your pharmacy.**

Also purchase Biscodyl (Dulcolax) laxative tablets – you will need to take 2 tablets. Do not buy the stool softener tablets or suppositories – it must be the laxative tablets!

If you have a tendency to be constipated, also purchase Milk of Magnesia. You may use zinc oxide or Desitin® ointment to protect your skin during the bowel preparation.

#### **2 Days before your procedure:**

Stay on a low fiber diet. Do not eat any beans, corn, tomatoes, cucumbers, nuts or any food containing seeds such as poppy, sesame, or sunflower. Do not eat any foods containing flax. If you tend to be constipated – take one ounce (2 Tablespoons) of Milk of Magnesia on this day.

#### **1 Day before your procedure:**

Stay on the CLEAR LIQUID diet. No solid food. No red Jell-O®.

#### ***DO NOT FOLLOW THE DIRECTIONS ON THE COLYTE BOTTLE. FOLLOW THESE INSTRUCTIONS BELOW:***

Mix the Colyte according to the package directions and refrigerate. It tastes better cold. You may add your favorite flavor of Crystal Light® to the solution for flavor if desired.

**4:00 PM - TAKE 2 DULCOLAX® LAXATIVE TABLETS WITH A LARGE GLASS OF**

**5:00 PM – DRINK ½ OF THE COLYTE SOLUTION – One 8 ounce glass every 10-15 minutes**

**7:00 PM – DRINK THE OTHER HALF OF THE COLYTE SOLUTION until gone.**

**Be sure to drink all of the solution.** Not completing the bowel prep may result in rescheduling your procedure. By the morning you should be having greenish yellow to clear liquid bowel movements. Remember – no solid food before your procedure – stay on the clear liquid diet up until 2 hours before your scheduled procedure then nothing by mouth 2 hours before your exam.