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## **Colonoscopy Split - Preparation Instructions**

A few days **BEFORE** your procedure:

- Arrange for transportation to the endoscopy center and back home. You will receive sedation (medications to relax you and keep you comfortable) during your procedure. Therefore, you should not drive for the rest of the day and you **MUST** have a responsible adult to accompany you home. If you do not have someone to escort you home, your procedure may be cancelled and rescheduled.
- Obtain one container of NuLYTELY, or Golytely, or similar PEG (polyethylene glycol) product as directed. The prescription for this will be sent or given to you by the endoscopy center staff or associates.
- Suggested items to have on hand when you start taking the prep: Flavored drink powder, *clear* juice such as white grape or apple juice, clear soda such as ginger ale, popsicles or gelatin dessert such as Jello (no red or purple), and broth or bouillon. These items will give you a choice of hot or cold fluids that you can drink between glasses of the prep.
- If you have access to the Internet, you can visit: [www.youtube.com/watch?v=xd1N0WOcd5A](http://www.youtube.com/watch?v=xd1N0WOcd5A) for a video that provides suggestions related to the prep and colonoscopy.
- For individuals with constipation additional laxative medication may be suggested for use two days before your procedure
- Avoiding high fiber foods and increasing liquids in the few days before your procedure will make it easier to clear the colon as you take the prep. Do **NOT** eat nuts or seeds for at least a few days before your test.

Starting **1 DAY BEFORE** your procedure:

**Start a strict, CLEAR-liquid diet (NO SOLID FOODS).** Examples of clear liquids are:

- Apple juice, white grape juice, or white cranberry juice.
- Beef and chicken broth or bouillon.
- Tea or coffee without cream or milk; sugar is acceptable.
- Ginger ale or other clear sodas, water.
- Sports drinks, powdered drinks, gelatin dessert, popsicles.

**Do not eat or drink anything red or purple in color**

Fill the one-gallon plastic bottle that contains the laxative powder (such as NuLYTELY) with water to the fill line and shake well until the powder is dissolved. You can flavor the liquid to make it taste better. **\*\*We suggest you use flavored drink powder (such as several flavors of Crystal Light) instead of the flavor packet you may have received at the pharmacy.** Flavor each glass individually and not the entire container, so that you can use different flavors as you drink the prep. You can refrigerate the gallon or keep it at room temperature. Some people prefer keeping it at room temperature. Also, some people prefer drinking the prep through a straw, and/or following each glass by sucking on a hard candy.

**4:00 to 6:00 p.m.—Start drinking the NuLYTELY, with one glass every 10 to 15 minutes if possible. If you feel too full, it is helpful to take a break for 20 to 30 minutes or longer, before continuing to drink the preparation.** You will drink **about half** of this gallon solution the afternoon and evening before your procedure. Refrigerate the remaining half of the solution overnight. If you are able, you can start drinking the fluid a little earlier than 4 pm, to allow you to complete half the prep earlier that evening.

**Around 10:00 p.m.—You should be passing clear or light yellow fluids when you move your bowels.** You should be done drinking the first half of the cleansing preparation so you can get some sleep. Refrigerate the remaining half of the solution overnight.

#### **ON THE DAY OF YOUR PROCEDURE:**

Drink as much of the **other half** of the solution as you need to **pass clear fluid** when you move your bowels. Even though you may have been passing clear (or yellow tinged) fluid the night before, **waste accumulates overnight and it is extremely important to drink enough prep on the morning of the test to be sure you are passing clear (or slightly yellow tinged) fluid that day. That will make it possible for the doctor to do a careful exam.**

On the morning of your test drink as many glasses of the prep solution as you need in order to be **passing clear or light yellow fluid**. This will show you are cleaned out. You may need to drink the entire rest of the gallon that you began drinking yesterday. **You must be finished drinking two hours before leaving the house.**

If you are not passing clear or light yellow fluid and you have finished drinking all of the preparation, please call the colonoscopy center for further instructions before you leave to come to your procedure. Continue on the **clear liquid diet** the day of the procedure and **STOP drinking anything (clear liquids and the bowel prep liquid) two hours prior to leaving the house.**

Wear comfortable clothing, and be sure to arrive on time for your procedure.

Plan to be at the endoscopy center for about three to four hours for this procedure\*\*

#### **\*\*\*IMPORTANT\*\*\***

If you need to reschedule your appointment, please give at least 72 hour notice if possible, and call the endoscopy center number.