

Baystate Gastroenterology

Test location: Chestnut Surgical Center, 759 Chestnut Street, Springfield, MA 01199

Questions? Need to change your appointment? Call us at (413) 794-7364

Colonoscopy Preparation: **Golytely, Nulytely, or Colyte Solution**

1. Fill the prescription for Golytely, Nulytely, or Colyte. These are large containers of powder. Prepare according to the instructions the day before your procedure.
2. You **MUST STOP TAKING:**
 - Coumadin/Warfarin at least 3-4 days prior to the procedure
 - Aspirin & Ibuprofen products 3-5 days prior to the procedure
 - Plavix 5-7 days prior to the procedure
3. You **MUST TAKE** all of your other medications, except as noted above or as directed by your physician.
 - For patients using Insulin, we recommend half the usual dose of long-acting insulin and no short-acting insulin on the day of the procedure.
4. Do **NOT** eat any solid food the day before your procedure. Drink lots of clear liquids only! (Anything you can see through, such as tea, broth, or ginger ale.) **NO RED COLORED LIQUIDS!**
5. Begin the Prep in the morning, the day before your procedure. Drink one 8-ounce glass every 15 to 30 minutes until ALL the Prep is gone.
 - a. You may experience nausea, vomiting, or bloating with the Prep. If this occurs, drink more slowly (i.e., 8-ounces per hour) but continue to drink as much as possible.
 - b. Continue to drink clear liquids throughout the process.
 - c. Drinking the Prep over ice may make it easier to drink.
 - d. Nulytely and Colyte come with flavor packets; you may use Crystal Light as a substitute as long as it is NOT RED.
6. Do not eat or drink anything after midnight before the procedure, not even clear liquids.
7. Arrange for a ride home after your procedure. You will be sedated and unable to drive for 24 hours after the procedure.