

Procedure: _____

Date: _____ Arrival Time: _____

PLEASE READ INSTRUCTIONS ONE WEEK PRIOR TO PROCEDURE

1. One week prior to procedure, stop taking fiber supplements and iron supplements.
2. You must have someone to drive you home after the procedure because you will be sedated. You will not be able to drive or go to work until the next morning. Cabs or other public transportation are not acceptable unless there is a responsible adult to accompany you. Your driver must check-in with you at the time of your arrival. **Your procedure may be cancelled if you arrive without acceptable transportation and we cannot verify your transportation arrangements.**
3. You will be asked to leave any electronic devices with your driver. For the privacy of other patients, electronic devices will not be allowed in the procedure area.
4. **Two days** before procedure, mix Golytely/Nulytely according to directions and refrigerate.

The Day Before the Procedure

The day before the procedure, you may have a light breakfast before **10am**. (Example: eggs, lean protein) After breakfast begin a clear liquid diet (Example: apple juice, broth, popsicles, black coffee).

- At **6:00pm**, drink **half** (64oz) of Golytely/Nulytely solution. Drink one 8oz glass every 15 minutes up to 64oz (8 glasses)
- Continue with clear liquids until midnight.

You will be allowed NOTHING to eat or drink after midnight EXCEPT:

- **The remainder of the prep.**
- **Blood pressure, Heart, or Seizure Medications taken with a sip of water.**

The Day of the Procedure

At _____ (6 hours prior to procedure) drink the remainder of the prep. Drink one 8 oz glass every 15 minutes until the solution is gone. Complete in 2 hours. **Do not drink after finishing the prep.**

- Please limit jewelry to rings only. No earrings or necklaces should be worn.
- Blood pressure, Heart or Seizure Medications should be taken on schedule with a sip of water.