

**Colonoscopy with Peg One Day Prep (Nulytely, Golytely, Colyte, Trilyte)**

Patient Name: \_\_\_\_\_ Physician Name: \_\_\_\_\_ Today's Date: \_\_\_\_\_

Date of Procedure: \_\_\_\_\_ Procedure Time: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

Procedure Location: \_\_\_\_\_

**GENERAL INFORMATION:**

- IV sedation or anesthesia is usually given during your procedure. Due to regulatory requirements and for your safety, **you must arrange for an adult (18+) to drive you home, or risk procedure cancellation.**
- You will not be able to drive, operate machinery, make important decisions, or return to work for the rest of the day.
- You may resume normal activities the next day unless the doctor states otherwise.
- If you have any questions concerning your procedure or need to cancel, please call the respective office.
- Wear comfortable, loose-fitting clothing that is easy to step into. Wear flat shoes or tennis shoes.
- The center is not responsible for your property. Do not wear jewelry or bring valuables with you to the Center or Hospital.
- **The morning of the procedure, only drink the required liquid preparation.**




**YOU WILL NEED TO PURCHASE:** Clenpiq – Prescription Medication

**5 – 7 DAYS BEFORE YOUR PROCEDURE:**

**IF YOU HAVE DIABETES:** Follow your GI Physician's recommendations for oral and insulin medication.

**If you are on Aspirin, Coumadin, Warfarin, Plavix, Heparin, Lovenox, Fish Oil, or any other blood thinners:**

- Your gastroenterologist may have advised you to stop taking blood thinners prior to your procedure. **You will need to stop taking these medications 5-7 days prior to your procedure.**
- The GI physician may have to obtain Cardiac Clearance before your procedure can be scheduled. The office will contact you once clearance is obtained.
- **5-7 days before the procedure, stop eating salads, raw vegetables, nuts, seeds, and popcorn.**

<p style="text-align: center;"><b>WHAT YOU <u>CANNOT</u> DRINK</b></p> <div style="text-align: center;">  </div> <ul style="list-style-type: none"> <li>➤ Any liquid that is red, orange, blue, or purple in color</li> <li>➤ No milk, dairy cream, or non-dairy products</li> <li>➤ No alcohol</li> <li>➤ No orange juice or lemonade</li> </ul> <p style="text-align: center;"><b>WHAT YOU <u>CAN</u> DRINK</b></p> <ul style="list-style-type: none"> <li>➤ White grape juice, white cranberry juice, and apple juice</li> <li>➤ Kool-Aide, Powerade, Gatorade, and powdered Crystal Light</li> <li>➤ Popsicles and Italian Ice</li> <li>➤ Broth or bouillon: beef, chicken, or vegetable flavored</li> <li>➤ Water, soda, tea, or coffee</li> <li>➤ Hard candy and sugar</li> <li>➤ Jell-O</li> </ul> <p style="text-align: center;"><i><b>NO red, orange, blue or purple liquid from this list</b></i></p>	<p style="text-align: center;"><b>THE DAY BEFORE YOUR COLONOSCOPY</b></p> <ul style="list-style-type: none"> <li>➤ <b>No solid food and NO ALCOHOL</b></li> <li>➤ <b>Clear liquids only all day</b></li> <li>➤ <b>8 oz. = 1 Cup and 16 oz. = 2 Cup</b></li> </ul> <p><b>8 AM:</b> Mix water with your bowel prep powder until it is all dissolved.</p> <p><b>KEEP COLD</b> in the refrigerator. You may add powdered Crystal Light or use the “flavor packs” for better taste.</p> <ul style="list-style-type: none"> <li>• <b>NO red, orange, blue, or purple liquid.</b></li> </ul> <p><b>4 PM – 5 PM:</b> Begin drinking the solution at a rate of 16 ounces every 30 minutes (over 4 hours) until the container is empty.</p> <ul style="list-style-type: none"> <li>• Please continue to drink clear liquids until bedtime.</li> <li>• Apply a petroleum based product or diaper rashointment to the rectal area if you experience discomfort from frequent stools.</li> <li>• Confirm that you have a driver to take you home after your procedure.</li> </ul> <div style="text-align: center; margin-top: 20px;">  </div>	<p style="text-align: center;"><b>THE DAY OF YOUR COLONOSCOPY</b></p> <ul style="list-style-type: none"> <li>➤ You should take your essential medications with a small sip of water (e.g. heart and blood pressure).</li> <li>➤ If your procedure is scheduled for the afternoon, you may have clear liquids up until <u>4 hours</u> prior to your procedure.</li> </ul> <p style="text-align: center;">STOP drinking liquid at _____AM/PM</p> <ul style="list-style-type: none"> <li>➤ Please refer to the ‘<u>What You Can Drink</u>’ list in the first column. <b>No red, orange, blue, or purple liquid.</b></li> <li>➤ <b>No liquids 4 hours before procedure.</b></li> <li>➤ The correct time of this dose is essential to an effective preparation.</li> </ul> <div style="text-align: center; margin-top: 20px;">  </div>
<p><b>Additional Comments:</b></p> <hr style="border: 0.5px solid black;"/> <hr style="border: 0.5px solid black;"/>		