

Norman N. Hoffman, MD Gary H. Hoffman, MD
Eiman Firoozmand, M.D. Liza M. Capiendo M.D. Stephen Yoo, M.D.

Phone- (310) 273-2310 FAX (310)273-0314

**PREPARATION FOR COLONOSCOPY USING
GO-LYTELY, COLYTE, NuLYTELY solutions**

You will be given a prescription for GO-LYTELY, COLYTE, or NuLYTELY. Fill this prescription a few days prior to your procedure.

YOUR COLONOSCOPY PROCEDURE IS ON: _____

YOU WILL START YOUR PREP ON: _____

INSTRUCTIONS FOR PREP:

Drink only *CLEAR LIQUIDS* for the entire day before your examination. **NO SOLID FOODS!**
DO NOT drink *anything* red.

Acceptable Liquids

Clear soup – broth, bouillon or consomme
Clear fruit juice – white grape, apple
Clear jello – any flavor *except red*
Soft drinks – Orange, Ginger Ale, Sprite,
7-Up, *Colas are acceptable*
Gatorade – any flavor *except red*
Water, tea, coffee
Hard candies – any flavor *except red*

Unacceptable Liquids

Cranberry juice (red), unfiltered apple
juice, tomato juice, any other juices that
are not clear
Milk and all dairy products
Non-dairy creamer

HOW TO PREPARE THE GO-LYTELY, COLYTE, and NuLYTELY SOLUTION:

The kits come with a disposable bottle containing granules to mix with water to make the solution. Many patients prefer adding powdered Crystal-Lite drink to mix into the oral solution for better flavor. Lemonade or Iced tea flavored is preferable. Avoid red flavorings.

PREP:

Start drinking at 2:00PM the day before your procedure

Drink 6-8 oz every 10-15 minutes until your bowel movements are a clear liquid. This usually takes drinking between 3-4 liters of solution. You must complete the entire prep to ensure the most effective cleansing. **You are encouraged to continue to drink clear liquids throughout the day.**

**YOU ARE NOT TO HAVE ANYTHING TO DRINK AFTER MIDNIGHT
THE NIGHT BEFORE YOUR COLONOSCOPY!!! YOU MUST ARRANGE FOR A RIDE HOME FROM
THE PROCEDURE, ACCOMPANIED BY SOMEONE THAT YOU KNOW.**

Advise your physician of any aspirin or aspirin-containing products, all non-steroidal anti-inflammatory pain medications and any anticoagulants (“blood thinners”) that you may be taking. These medications may or may not be stopped prior to your procedure. The timing of stopping any of these medications will be decided on by your physician and communicated to you during the discussion.

If you are diabetic and use insulin or oral antidiabetic medications, please advise your physician of these medications so that it can be determined if and/or when they need to be discontinued.

If you take blood pressure or heart medication, please take these the morning of your procedure with a small sip of water. Please drink as little water as possible.