

INSTRUCTIONS FOR COLONOSCOPY: GoLYTELY, NuLYTELY or Colyte

You are scheduled to have a colonoscopy at Johns Hopkins Bayview Medical Center. These instructions will help you properly prepare for it. The preparation for this test is often the most difficult part of it, but your health is worth it!

A colonoscopy allows the doctor to examine the entire five to six feet of your large bowel. In order to do this, your colon must be completely clean. If the doctor can't examine the large bowel (because it is not clean), the procedure will be rescheduled.

Fill the prescription for GoLytely, NuLytely or Colyte at the pharmacy.

- The day before the procedure, you may have only clear liquids (See enclosed Clear Liquid Diet Instructions).
- Mix the laxative preparation as directed on the label and place in the refrigerator for a few hours to chill before drinking.
- At 5:00 P.M., begin drinking the laxative preparation (GoLytely, NuLytely or Colyte). Drink one 8 ounce glass every ten minutes until the entire bottle is consumed. You should complete drinking the laxative preparation by 8:00 P.M. Drink the preparation with a straw; this may make it easier to consume. You may add the flavor packet provided with the medication, but **do not** add any additional flavoring to the liquid.
- After completing the laxative preparation, **do not** take any food or water.
- If you experience vomiting, stop drinking the preparation for 20-30 minutes then restart and finish the remainder of the preparation. If you are unable to finish the remainder of the bowel preparation due to vomiting, call 410-550-0100 and ask for the G.I. Doctor on call.
- On the day of the procedure, do not take anything by mouth. Take only those medications as discussed previously (blood pressure, heart, seizure medications) with a sip of water.