

NuLytely/GoLytely Prep

8 DAYS BEFORE YOUR COLONOSCOPY:

Do not take any medications listed below (check with your doctor before stopping)

- Trulicity
- Ozempic
- Mounjaro
- Saxenda
- Rybelsus
- Wegovy
- Zepbound

ANY WEEKLY WEIGHT-LOSS / DIABETES INJECTABLE MEDICATIONS

7 DAYS BEFORE YOUR COLONOSCOPY:

Do not take any medications listed below (check with your doctor before stopping)

- Aspirin
- Ibuprofen
- Motrin
- Aleve
- Meloxicam
- Advil
- Naproxen
- BC Goody Powder

5 DAYS BEFORE YOUR COLONOSCOPY:

Do not take any medications listed below (check with your doctor before stopping)

- Plavix
- Coumadin
- Warfarin

3 DAYS BEFORE YOUR COLONOSCOPY:

Do not take any medications listed below (check with your doctor before stopping)

- Xarelto
- Pradaxa
- Eliquis
- Savaysa

DAY BEFORE YOUR COLONOSCOPY:

***DO NOT EAT ANY SOLID FOOD TODAY! CLEAR LIQUIDS ONLY ALL DAY!**

Upon waking up, add a flavor packet of your choosing to the prep container and luke warm water to the fill line. Place prep container in the refrigerator.

Begin a clear liquid diet (no solid foods today). Try to drink at least 8 glasses of clear liquid during the day to avoid dehydration (please see the Clear Liquid Diet sheet for examples of liquids you can/cannot have).

At 3 pm, you will start drinking the NuLyte/GoLyte solution. Drink one 8 oz. glass of the solution every 15-20 minutes until all of the solution is gone.

(Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-minute break, then continue drinking the prep solution. Sometimes drinking the prep through a straw helps relieve nausea also.)

DAY OF YOUR COLONOSCOPY:

***DO NOT EAT ANY SOLID FOOD TODAY! YOU CAN HAVE CLEAR LIQUIDS UNTIL:**

(No gum, candy, mints, ice chips, sips of clear liquid or chewing tobacco after the time listed above.)

You may take your usual morning heart/blood pressure medications (except blood thinners) with a small sip of water.

Date: _____

Arrival Time: _____

Location: Western Carolina Endoscopy Center Harris Hospital Angel Medical Center

Physician: Dr. Philip Stack Dr. Charles Barrier Dr. Philip Tanner Dr. Randall Savell

****No Tobacco Products 6 hours prior to your arrival time****

**Please initial that you understand your prep instructions:

_____ / _____(staff)