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 Email: hello@yourgicenter.com  
 Toll free: 888-292-0010  
 Fax: 979-292-0488

## NULYTELY/GOLYTELY PREPARATION FOR COLONOSCOPY

Patient Check-In Time \_\_\_\_\_ Patient Procedure Date \_\_\_\_\_

***(Please note: Patient Check-In Time is not the procedure time! It is merely the time we wish for you to begin the check in process that starts with signing in at the front window.)***

### Location where your procedure will take place:

- The G.I.Center, 109 Parking Way, Lake Jackson**  
 \*The front door opens at 6:30 a.m.  
 \*If you need to cancel or reschedule your procedure, please call 979-292-0033 or 979-285-9948  
 \*Our office requires a 24 hours notice if you are going to cancel or reschedule your appointment otherwise a \$100.00 cancellation fee will be billed to you.
  
- Your GI Center at Pearland (Pearland Premier Surgery Center)**  
**2813 Smith Ranch Road, Pearland, TX 77584**  
 \* The front door opens at 7:00 a.m.  
 \*If you need to cancel or reschedule your procedure, please call (713) 436-8171  
 \*Our office requires a 24 hours notice if you are going to cancel or reschedule your appointment otherwise a \$100.00 cancellation fee will be billed to you.
  
- Hospital \*24 hour notice still required to avoid \$100.00 fee for rescheduled or cancelled procedures.**

### Patient Checklist:

- Purchase two Dulcolax **laxative** tablets (over the counter) and Golytely/Nulytely (prescription given) from your local pharmacy.
- You MUST have a ride to and from the facility** because you will not be allowed to drive until 12 hours after the procedure. This is because anesthesia will be given to you to sedate you during your procedure. **If your ride must leave the facility, we must have a number (such as a cell phone number) to reach them on. If you do not have a ride in a timely manner, a cab may be called for you at your expense at the discretion of our ASC Nursing Staff.**
- Prescription blood thinners must be stopped prior to the procedure. (Please see the chart below)** (*aspirin is okay to take unless specifically instructed otherwise*). All other medications can be taken on its normal schedule with a small sip of water.

| 5 days   | 2 days                              |
|--|-------------------------------------|
| Coumadin, Warfarin, Plavix   | Xarelto, Aggrenox, Eliquis, Pradaxa |
| <i>*Aspirin is okay to take unless specifically instructed otherwise.*</i> |                                     |

- DIABETIC PATIENTS:** No diabetic medication including pills and injections on the day of the procedure
- If you use a Nebulizer,** please do a breathing treatment before coming for your procedure.
- If you use an inhaler,** bring it with you the day of your procedure.

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Pearland  
 2813 Smith Ranch Rd  
 Pearland, TX 77584  
 713-436-8171

Friendswood  
 1305 Parkwood Ave  
 Friendswood, TX 77546  
 832-808-9872

Lake Jackson  
 109 Parking Way  
 Lake Jackson, TX 77566  
 979-292-0033

Bay City  
 720 Avenue F North  
 Bay City, TX 77414  
 979-292-0033



**YOUR GI CENTER**  
PEOPLE COME FIRST

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## INSTRUCTIONS ON YOUR PREPARATION FOR THE COLONOSCOPY.

- **Two days before Colonoscopy:**
  - Take 2 Dulcolax tabs by mouth by 5 PM
  - Regular Diet this day.
- **The day before your Colonoscopy:**
  - Eat breakfast (regular meal) by 9:00 A.M.; afterwards follow a clear liquid diet for rest of day.
  - At 5 PM begin Golytely/Nulytely preparation; drink 6-8 ounces every 10-15 minutes until you have finished it all.
  - Before midnight, drink at least 3 additional glasses of clear liquids/water.
  - Nothing to eat or drink after midnight, except regular medications as advised prior.
- **The day of your Colonoscopy:**
  - Nothing by mouth (no liquids, mints, gum, chewing tobacco, etc.).

\*Clear liquids include all of the following that are not colored red or purple. Strained fruit juices **without** pulp only (apple, white grape, lemonade), water, clear broth or bouillon, coffee (without milk or nondairy creamer), Gatorade, carbonated and noncarbonated soft drinks. Kool-Aid, (or other fruit flavored drinks), plain jello (without added fruit or topping) and ice popsicles. Look under tab for DIETS in our website at [www.yourgicenter.com](http://www.yourgicenter.com) and get detail list of foods for Clear Liquid Diets

\*\*Bowel movements should be liquid and without particles/pieces of solid stool.

See attached information for **CLEAR LIQUID DIET**.

- **If you are experiencing low sugar symptoms, IMMEDIATELY take some sugar solution or clear juice such as Apple Juice.**
- **No smoking after midnight.**
- **Do not take fish oil, vitamin A, or any other oil based medication or vitamins for 3 days prior to your procedure..**
- **If you are taking PHENTERMINE or any other WEIGHT LOSS MEDICATION, you must be off of it for TWO WEEKS prior to your procedure. There are side effects with Propofol.**

# CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet

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is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed. No red or purple liquids should be consumed!

| Food Group  | Foods Allowed  | Foods to Avoid                     |
|---|--|------------------------------------|
| <b>Milk &amp; beverages</b><br><i>No red or purple liquids!</i> | Tea (decaffeinated or regular), carbonated beverages, fruit flavored drinks      | Milk, Milk drinks                  |
| <b>Meats &amp; meat substitutes</b>                             | None   | All                                |
| <b>Vegetables</b>   | None   | All                                |
| <b>Fruits &amp; fruit juices</b>                                | Strained fruit juices: apple, white grape, lemonade                              | Fruit juices with unstrained fruit |
| <b>Grains &amp; starches</b>                                    | None   | All                                |
| <b>Soups</b>  | Clear broth, consommé  | All others                         |
| <b>Desserts</b>   | Clear flavored gelatin, popsicles (no red or purple flavors)                     | All others                         |
| <b>Fats</b>   | None   | All                                |
| <b>Miscellaneous</b>  | Sugar, honey, syrup, clear hard candy, salt                                      | All others                         |
| <b>Examples of Clear Liquid Diet:</b>                           |  |                                    |
| Breakfast   | Lunch  | Dinner                             |
| White grape juice   | Apple Juice  | Lemonade                           |
| Clear broth   | Clear broth  | Clear broth                        |
| Jell-O <sup>®*</sup>  | Jell-O <sup>®*</sup>   | Jell-O <sup>®*</sup>               |
| Tea   | Tea  | Tea                                |
| <b>*plain only, no fruit or toppings</b>                        | <small>Jell-O is a registered trademark of Kraft<br/>General Foods, Inc.</small> |                                    |

## Insulin Patients

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1. For Short/ultra short acting insulin – skip morning dose
2. For long acting – Take half dose (in the morning or the night before the procedure)
3. For Combination / Intermediate – Take half dose in the morning
4. Skip all morning diabetic pills until after the procedure.

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