

**The Digestive Health Center**  
**INSTRUCTIONS FOR**  
**Colonoscopy or Rectal Ultrasound with Anesthesia**  
**• COLYTE, GOLYTELY •**

**ONE WEEK PRIOR**

1. Stop all iron supplementation and vitamins that contain iron for 7 days prior to your colonoscopy.
2. If you are taking Plavix, Coumadin, or any other blood-thinning medications, you should discuss with your doctor whether or not you should stop these medications for 5 to 7 days prior to your colonoscopy or rectal ultrasound. If your specific medical condition allows, colonoscopy or rectal ultrasound is safest if performed off these medications. You **may** continue to take Aspirin if recommended by your doctor.

**Obtain from the Pharmacy**

- Golytely, Colyte, Nulytely or generic brand (prescription included in your packet)
- Dulcolax Laxative tablets, 2 tablets (over the counter medication)

\*If you are usually constipated or sometimes use a laxative, take two tablespoons of Milk of Magnesia at 8:00 PM two days before your exam.

**ONE DAY PRIOR TO PROCEDURE**

1. Breakfast- Enjoy a light breakfast which may include coffee, eggs, juice, and low fiber cereals (like Rice Krispies). One 8 ounce Ensure or Boost is suggested as well.
2. Lunch- You should have a clear liquid diet starting with lunch. The liquids should not be red or purple in color. Clear liquids include water, black coffee, tea, soda, Gatorade, broths, Jell-O, juices you can see through and popsicles. You cannot have any solid food during this time period. (If you are a diabetic, you may need to make some adjustments in your medicines because of the reduced calories you will be eating: we routinely suggest taking a half dose of your usual diabetes medications and Insulin on the day prior to colonoscopy or rectal ultrasound. Please discuss any questions about Insulin with your primary care doctor ahead of time.)
3. At 6:00 PM, on the day prior to colonoscopy or rectal ultrasound, start drinking the gallon of GoLYTELY (or Colyte or NuLYTELY). You will need a prescription for this. You should drink 8 ounces of your prep every 15 minutes until the entire gallon is gone. This should take you at least 4 hours. If you think it may take you longer to drink that much, you should start earlier in the day. If you become nauseated during this process, wait 30 minutes and then try drinking again.
4. Take 2 Dulcolax tablets with your last 8 oz. prep solution.

**It is very important that you drink the entire gallon of prep so that your doctor will have a clear view of your entire colon during your colonoscopy or rectal ultrasound.**

Your stools should become watery during this colon cleansing preparation.

**You may not have anything to eat or drink after midnight.**

**ON THE DAY OF YOUR PROCEDURE**

1. Take your blood pressure medication in the morning with a sip of water. Insulin or other diabetes medications should be adjusted on the day of your colonoscopy or rectal ultrasound, we suggest taking ½ your normal dose, please confirm this is safe with your diabetes managing physician. Please call your doctor or ask our Endoscopy Nurse (336-716-8204) if you have questions.
2. **Please bring a list of your medications when you come for your colonoscopy procedure.**
3. Leave jewelry at home.
4. Please bring your insurance information with you to your colonoscopy or rectal ultrasound procedure.
5. You will need a driver for this procedure because you will be given a medication to make you sleepy. The driver needs to stay at the hospital during your procedure time. **We will not be able to do your procedure unless you have someone with you to drive you home.** You will not be able to work or drive the day of your procedure.

The Digestive Health Center is located on the Ground floor (G), Reynolds Building. (See the map which is enclosed). When you come from the visitor parking lot B, (orange) level, please walk through the glass breezeway. At the end of the hallway, turn right. Go to the first hallway, turn left, walk about 50 feet and enter the lobby of the Digestive Health Center. (You may also use the Patient Drop-off area on the Main level as shown on the map. Ask the attendant at the Drop-off area to direct you to the Ground Floor and the Digestive Health Center.)

**IF YOU WILL BE UNABLE TO KEEP YOUR APPOINTMENT, PLEASE CALL US AT (336) 716-3636,  
SO THAT WE CAN MAKE YOUR PROCEDURE TIME AVAILABLE TO ANOTHER PATIENT.  
WE WILL BE HAPPY TO RESCHEDULE YOUR APPOINTMENT FOR ANOTHER TIME.**

**IF YOU HAVE ANY QUESTIONS ABOUT YOUR PROCEDURE,  
PLEASE CONTACT OUR ENDOSCOPY NURSE AT (336) 716-8204.**

The Digestive Health Center		
The Endoscopy Suite		
Wake Forest University Medical Center		
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Digestive Health Center	Endoscopy Suite	Endoscopy Suite