



COLONOSCOPY PREPARATION (PREP) INSTRUCTIONS, PART 2: GOLYTELY® OR GENERIC: PEG-3350 AND ELECTROLYTES SOLUTION OR SIMILAR PRODUCTS: NULYTELY®, COLYTELY®, TRILYTELY®, HALFLYTELY®

Please read [A Guide to Colonoscopy, Part 1](#) for general information on preparing for this exam AND these specific instructions (Part 2) at least a week before your procedure. How well prepared you are for this procedure will determine how well your doctor can see inside your colon so please follow these instructions carefully!

- **Your primary care or referring doctor will give you a PRESCRIPTION** for one of the above-named preparations based on your medical history. Please purchase the prescribed preparation from your pharmacy at least 2 days to a week prior to your exam. Please read through all instructions and ask your doctor if you have questions about your regular medications. Additional phone numbers are included in [A Guide to Colonoscopy, Part 1](#).
- **HalfLytely®** is half the volume of the other four preparations (listed above) but is more expensive. If your doctor prescribes this please follow the manufacturer's instructions.

THE DAY BEFORE THE EXAM

- In the morning, fill the plastic jug of the prescribed prep to the "fill" line with warm water. Please refer to the package insert for how much liquid to add if a jug is not included. Shake it well. The solution may appear cloudy once mixed. Put it in the refrigerator for the rest of the day. It will be more pleasant to drink if it is chilled.
- Drink 1-2 glasses (8-16 ounces) of clear liquids per hour all day so you do not become dehydrated. Please see [A Guide to Colonoscopy, Part 1](#) for suggested clear liquids.
- At 5:00 pm start drinking the prep solution. Drink an 8 ounce glass every 10 minutes. Do not drink anything that contains sugar during the time you are drinking the prep. Sugar intake makes the prep less effective. Diet drinks or artificially sweetened drinks are okay to drink while taking the prep.
- You must drink the entire prep solution within 3-4 hours to be effective. It may be poured over ice. Adding a few drops of lemon or vanilla extract may make it taste better.
- If you begin to feel sick to your stomach after beginning the prep, take a short break until the feeling passes.
- You may feel cold once you begin drinking the prep because you are drinking cold liquids rapidly. You may drink a cup of hot clear liquid with artificial sweetener, if needed.
- You will begin to have loose stools within 1-3 hours after you begin the prep. Your bowel movements should be liquid and clear after you finish.

THE DAY OF THE EXAM

You may have clear liquids early on the morning of the exam, but stop drinking all clear liquids 2 hours before the exam. Do not eat or drink anything until after the exam.

You may take necessary medication with a sip of water on the morning of the exam. See [A Guide to Colonoscopy, Part 1](#) for any restrictions for medications.

SEE OTHER SIDE FOR EASY GUIDE

EASY GUIDE

- Please fill in date and time of your exam in last box, and counting backwards fill in other days and dates as outlined.
- You may want to add specific instructions for adjusting your medications if on blood thinner or diabetic medications as a reminder.

- One week prior Day/Date: _____
- Read all instructions
 - Stop iron or vitamins with iron
 - Talk to doctor about stopping blood thinners and discuss other meds that may need to be adjusted such as diabetic meds
 - Start low roughage diet 7 days prior if a tendency to have constipation
 - Purchase prescribed prep from pharmacy
 - Arrange ride home
 - Have plenty of clear liquids available at home
 - Buy soft toilet paper, moist wipes, or Vaseline if desired
- 3 to 5 days prior Day/Date: _____
- Start low roughage diet 3 to 5 days prior if not already started
- 1 day prior Day/Date: _____
- Clear liquids only, no solids or milk products, all day
 - Drink 1-2 glasses each hour to stay hydrated
 - In morning, mix and refrigerate prep solution
 - Take all regular medications except those listed in general instructions
 - At 5 pm, start drinking prep: 1 glass every 10 minutes
 - Stay close to a bathroom
- Day of Exam Day/Date: _____
- Appointment Time: _____
- Arrival Time: _____
- Take necessary medications except those listed in general instructions, with a sip of water
 - If daily medications can wait until after the exam, take when you get home
 - Stop drinking all clear liquids including water 2 hours before exam time
 - Bring your insurance card along with your list of medications to UVA
 - If you need to change the spelling of your name, bring license or ID
 - Wear comfortable clothes
 - Arrive 1 hour ahead of exam time and have your driver bring the parking ticket for free parking validation
 - Your driver will be asked to come into the recovery room at discharge