

GOLYTELY/NULYTELY Late AM/PM (10am or Later)

St. Augustine Endoscopy Center

212 Southpark Circle East, St. Augustine, FL 32086

904-824-6108

Name/#: _____

Procedure: _____

Date: _____ Arrival Time: _____

PLEASE READ INSTRUCTIONS ONE WEEK PRIOR TO PROCEDURE

1. One week prior to procedure, stop taking fiber supplements and iron supplements.
2. You must have someone to drive you home after the procedure because you will be sedated. You will not be able to drive or go to work until the next morning. Cabs or other public transportation are not acceptable unless there is a responsible adult to accompany you. Your driver must check-in with you at the time of your arrival. **Your procedure may be cancelled if you arrive without acceptable transportation and we cannot verify your transportation arrangements.**
3. You will be asked to leave any electronic devices with your driver. For the privacy of other patients, electronic devices will not be allowed in the procedure area.
4. **Two days** before procedure, mix Golytely/Nulytely according to directions and refrigerate.

The Day Before the Procedure

The day before the procedure, you may have a light breakfast before **10am**. (Example: eggs, lean protein) After breakfast begin a clear liquid diet (Example: apple juice, broth, popsicles, black coffee).

- At **6:00pm**, drink **half** (64oz) of Golytely/Nulytely solution. Drink one 8oz glass every 15 minutes up to 64oz (8 glasses)
- Continue with clear liquids until midnight. **Tomorrow, you may have clear liquids only until 4 hours prior to your procedure.** (See next column.)

The Day of the Procedure

You may drink plenty of clear liquids until 4 hours prior to your procedure.

At _____ (6 hours prior to procedure) drink the remainder of the prep. Drink one 8 oz glass every 15 minutes until the solution is gone. Complete in 2 hours. **Do not drink after finishing the prep.**

- **Blood pressure, Heart or Seizure Medications should be taken on schedule with a sip of water.**
- Please limit jewelry to rings only. No earrings or necklaces should be worn.
- Please avoid using perfumes and fragrances as some patients are sensitive due to respiratory issues.