



**THE MEDICAL GROUP**  
OF SOUTH FLORIDA, INC.

# Golytely/Nulytely Prep

The day before your procedure, drink clear liquids only for breakfast lunch and dinner. No solid food. **Please take all your normal medications.**

The day before your procedure, in the morning add warm drinking water to the top line on the container. Put the cap back on and shake the bottle vigorously. The liquid will be clear. Keep refrigerated.

## **STEP 1: FOR BOTH ARRIVAL TIMES**

- Between **5:00pm** and **6:00pm** begin drinking the solution. Drink an 8oz glass every 10 minutes to total 8 glasses.

## **STEP 2: IF YOUR COLONOSCOPY ARRIVAL TIME IS 10:30 AM OR EARLIER:**

- At **11:00pm** drink an 8 oz glass of solution every 10 minutes to a total of 8 glasses.
- After midnight nothing to eat or drink (not even gum or mints), **except for your morning medications.**

## **STEP 2: IF YOUR COLONOSCOPY ARRIVAL TIME IS AFTER 10:30 AM:**

- At **6:00am** the morning of your procedure drink an 8 oz glass of solution every 10 minutes until to a total of 8 glasses.
- After you are done with your prep nothing to eat or drink (not even gum or mints), **except for your morning medications.**

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**\*\*\* IF YOU ARE DIABETIC TAKE NO ORAL DRUGS THE DAY BEFORE AND THE MORNING OF YOUR PROCEDURE. IF YOU TAKE INSULIN TAKE ½ DOSE OF INSULIN THE DAY BEFORE THE TEST AND NONE THE DAY OF TEST.\*\*\***

**IF YOU ARE ON BLOOD THINNERS PLEASE ASK YOUR PHYSICIAN ABOUT STOPPING THEM**

**Also: The morning of your procedure: THIS IS IMPORTANT!**

- Take all heart and blood pressure medicine with a small sip of water
- Take asthma medication
- Take all morning medications with a small sip of water