

**Golytely<sup>®</sup>, Nulytely<sup>®</sup>, or Trilytely<sup>®</sup> Colonoscopy Preparation**

COLONOSCOPY DATE: \_\_\_\_\_ Name: \_\_\_\_\_

Check In Time: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

- IF instructed, DO NOT take Warfarin<sup>®</sup>, Plavix<sup>®</sup>, Brilinta, Eliquis, Pradaxa, Xarelto, Effient, \_\_\_\_\_ days before your colonoscopy as these can thin your blood.
  
- DO NOT take iron supplements for 7 days prior to your examination.
  
- ARRANGE for a driver to pick you up and transport you home. YOU MAY NOT TAKE A TAXI HOME.
  
- Continue taking your routine medications during your preparation period and on the day of you exam unless  
 otherwise instructed.

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**ONE DAY BEFORE YOUR EXAM:** \_\_\_\_\_

1. STAY ON A CLEAR LIQUID DIET FOR BREAKFAST, LUNCH, AND DINNER. NO SOLID FOODS!  
You may have any or all of the following:  
Coffee or tea (NO milk or creamer), water, carbonated sodas, clear broth ( NO noodles ), Crystal Light<sup>®</sup>, clear fruit juices (NO pulp), freeze pops (NO red color), Jell-O<sup>®</sup> (NO fruit, NO red color), apple juice, .  
NO MILK, DAIRY PRODUCTS, RED OR ORANGE JELL-O<sup>®</sup>, ORANGE JUICE, GRAPEFRUIT JUICE OR PRUNE JUICE. NO LEMONADE WITH PULP AND NO DRINKS WITH PROTEIN ADDED.
2. IN THE MORNING ON THE DAY BEFORE YOUR PROCEDURE:  
Add water to the fill line of the bottle of Golytely and mix. Shake well and refrigerate.
3. BEGINNING AT 7:00 P.M. ON THE DAY BEFORE YOUR PROCEDURE:  
Drink an 8-ounce glass of the Golytely mix until you have drank about half of the bottle of solution (about one 8 ounce glass every 10 minutes). Store the remaining solution in the refrigerator.

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**DATE OF YOUR EXAM:** \_\_\_\_\_

1. THE MORNING OF YOUR PROCEDURE:  
FIVE (5) HOURS BEFORE YOUR CHECK-IN TIME, DRINK THE REMAINING HALF OF THE GOLYTELY SOLUTION, DRINKING ONE 8-OUNCE GLASS EVERY 10 MINUTES. YOUR BOWEL MOVEMENTS SHOULD BE CLEAR. You may drink clear liquids up to 3 hours before your check in time.  
PLEASE DO NOT DRINK ANYTHING THREE HOURS PRIOR TO YOUR CHECK-IN TIME.

Check In to:

\_\_\_\_\_ **Pavilion Surgery Center**  
**1140 W La Veta Ave, 2nd floor**  
**Orange, CA 92868**  
**714-744-8709**

\_\_\_\_\_ **St. Joseph Hospital of Orange**  
**1100 W.Stewart Ave**  
**Orange, CA**  
**714-771-8123**

**\*\*PLEASE CALL DR. Elbatta's OFFICE AT 714-937-9400 WITH ANY QUESTIONS\*\***

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