



# Jordan & Associates

## GASTROENTEROLOGY, P.A.

Christopher P. Jordan, M.D.  
415-C N. 7th St.  
Smithfield, NC 27577-4033  
(P) 919-938-4404

### Patient Instructions Pre-Colonoscopy

### NULYTELY/**GOLYTELY**/COLYTELY PREP

COLONOSCOPY DATE \_\_\_\_\_ TIME \_\_\_\_\_

PREP DAY: \_\_\_\_\_ (The day before your colonoscopy.)

1. On the day before your colonoscopy, you may have only clear liquids: clear tea (iced or hot), coffee (no cream), any type of soft drink (diet or regular), fat free broth or bouillon, juices, (orange juice with no pulp), fruit flavored drinks, Jell-O, Gatorade, PowerAde, Jell-O, (NO RED, ORANGE, GRAPE), popsicles.
2. On the morning of your prep, you will need to mix up your Golytely/Colytely/Nulytely. Add approximately one quart of lukewarm water to the jug, shake to dissolve the powder. Then, add cool water to the full line, shake well and put in the refrigerator. It is easier to drink if cold.
3. At 12:00 (Noon), take two (2) Dulcolax (Bisacodyl) tablets, then at 12:30 PM take the other two (2).
4. At 1:00 PM, take the Golytely/Colytely/Nulytely jug out of the refrigerator and shake well. Drink 1 cup (8 oz) every 10 minutes until you have finished the entire jug. DO NOT SIP!! You may suck on mints, or chew chewing gum in between cups.
5. **BE NEAR A BATHROOM!!**
6. If nausea, vomiting, or abdominal distention occurs, stop drinking the solution and wait for 30 minutes, then continue drinking the solution. If nausea and vomiting continues call our office at 938-4404 between 9:00 AM and 5:00 PM.
7. Continue to drink clear liquids until midnight. Nothing to eat or drink after midnight.
8. **ON THE DAY OF YOUR COLONOSCOPY:** Report to:  
\_\_\_\_\_ Duke Raleigh Hospital registration in the front lobby and they will direct you to Endoscopy, **OR 3400 Wake Forest Rd, Raleigh, NC 27609**  
\_\_\_\_\_ Jordan & Associates Gastroenterology, to the check-in desk.

**NOTE:** You will be given medication to make you drowsy and you will not be able to drive home. Please have someone to drive you to (and from) the facility, that can stay in the facility for the entire time you are here.

9. **STOP TAKING THESE MEDICATIONS AT LEAST 1 WEEK BEFORE YOUR COLONOSCOPY:**  
BC powders, Goody powders, Ibuprofen, Aleve, Motrin, all arthritis medications, iron pills, Persantine, artificial fat, Pletal, Vitamin E.
10. Tylenol is okay to take, if needed.
11. If you have a bleeding disorder or if you are taking blood thinners, please let us know by calling our office at 919-938-4404 between the hours of 8:00 AM and 5:00 PM.
12. Please take any heart, breathing or seizure medications before \_\_\_\_\_ on the day of your test with a few sips of water. Please bring all medications with you to the facility.
13. **FOR DIABETICS: INSULIN DEPENDENT:** Take ½ of your usual morning dose of insulin on the day of the prep. Do not take the evening dose of insulin. Do not take any insulin on the day of the colonoscopy.
14. **FOR DIABETICS: ORAL AGENTS:** Do not take any oral anti-diabetic medication in the day of the prep or the day of the procedure.
15. While our goal is for this procedure to move along as quickly as possible. We do run into that difficult cases from time to time and that requires Dr. Jordan to spend additional time with the patient. Therefore, we do ask that you please allow 2-3 hours from start to finish for your scheduled procedure.

**If you have any questions, please call our office at 919-938-4404.**