

Colyte/Nulyte/Golyte/Peg Prep Instructions

Nuvance Health Medical Practice Gastroenterology

Blood thinners: (If applicable) Please contact your prescribing physician two weeks before your procedure to ask how long you can be off your blood thinner medication(s) before your procedure.

Insulin dependent diabetics: (If applicable) Please contact your prescribing physician two weeks before your procedure for direction on insulin dosing for the procedure.

Please follow a low-residue diet for 3 days prior to your procedure. Please avoid raw fruits and vegetables, as well as whole grains, nuts, and seeds. (See attached instructions for diet guidelines.)

Day before the procedure:

- **Drink clear liquids ONLY.** (The more you drink, the better the prep will be)
NO FOOD
 - **Examples of clear liquids:** Powerade, Gatorade, bouillon, broth, consommé, black tea, black coffee, apple juice, white grape juice, white cranberry juice, Crystal Light, water, Italian ice, popsicles, sorbet, or jello. **Nothing red or purple. No milk or cream.**
- **Prepare the prep solution:**
 - Fill the container to the FILL mark with lukewarm water. Cover and shake to dissolve. Do not drink the preparation at this time. Refrigerate if desired.

Beginning at 6 pm:

- Drink **HALF** of the prep solution. You need to drink 8 oz. every 15-20 minutes. (If you feel ill during the process, stop drinking for 45-60 minutes and then resume)
- Refrigerate remaining prep solution for your morning dose.
- Continue clear liquids until midnight, then nothing by mouth **EXCEPT** for the morning dose.

Day of the procedure:

- **Beginning 5 hours before the procedure:**
 - Complete the **REMAINING HALF** of the prep solution. You need to drink 8 oz. every 15-20 minutes completing no later than 2 hours before arriving.
 - **DO NOT** take diabetic pills or diuretics (water pills) the morning of the procedure.
 - Nothing by mouth 2 hours before arrival.

You will need a responsible driver (18 years of age or older) to drive you home. No UBER or LYFT. You will not be allowed to drive yourself home.



You will need a responsible driver (18 years of age or older) to drive you

Nuvance Health Medical Practice Gastroenterology Locations

Connecticut

- **Duracell Center for Ambulatory Surgery at Danbury Hospital**
24 Hospital Avenue, 4th Floor Strook, Danbury, CT (203) 739-7038
- **Frank J. Kelly Medical Arts Center**
111 Osborne Street, 2nd Floor, Danbury, CT (203) 739-7038
- **Danbury Surgical Center**
73 Sandpit Road, Danbury CT (203) 739-7038
- **New Milford Hospital**
21 Elm St. 2nd Floor, New Milford, CT (203) 739-7038
- **Norwalk Surgical Center**
40 Cross Street, Unit 120, Norwalk, CT (203) 852-2278
- **Norwalk Hospital GI Lab,**
34 Maple Street, 5th Floor, Norwalk, CT 06850 (203) 852-2278

New York

- **Putnam Hospital**
670 Stoneleigh Avenue, Carmel, NY (203) 739-7038
- **Putnam Barns - Putnam GI, LLC**
667 Stoneleigh Center, Barns Office Center, Building A, Suite 204, Carmel, NY (203) 739-7038
- **Fishkill Asc.**
200 Westage Business Center Drive, Bldg C, 3rd floor, Suite 330 Fishkill, NY 12524
(203) 739-7038
- **Vassar Brother's Medical Center**
45 Reade Place Poughkeepsie, NY 12601 (845) 876-3003
- **Northern Dutchess Hospital**
6511 Springbrook Avenue Rhinebeck, NY 12572 (845) 876-3003