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.

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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 Duchess Hospital**  
  6511 Springbrook Avenue Rhinebeck, NY 12572 (845) 876-3003