



Gastroenterology Consultants, P.C.

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Golyte/Nulyte/Gavilyte/PEG-3350 Split Dosing Instructions

Patient Name _____ Procedure Date _____

Procedure Start Time: _____ ARRIVAL time: _____

Location: Georgia Endoscopy Center, 3330 Preston Ridge Rd, Ste 200, Alpharetta 30005

Any prescription blood thinners (Eliquis/Plavix/Xarelto/Coumadin/Brilinta) must be discontinued for 3 days prior to procedure

THE DAY BEFORE YOUR PROCEDURE:

* CLEAR LIQUID DIET ALL DAY. Suggestions include: plenty of water, tea or coffee with no creamers, apple juice, Gatorade, clear soft drinks, clear broth, jello with no fruit. Avoid anything with red or purple dyes. Stay hydrated throughout the day

Step ONE: Mix your prep early in the day following instructions and chill if desired.

Step TWO: Starting at 5PM, drink HALF of the bottle within 1.5 hours (8 oz every 10-15 minutes) until you reach half of the bottle. Place the remaining half of the bottle in refrigerator. After you finish drinking the first half of the bottle, drink 16 oz of any clear fluid. Continue clear liquids until next step.

Step THREE: Beginning at 9PM, drink the REMAINING HALF OF THE BOTTLE within 1.5 hours (8 oz. every 10-15 minutes) until the bottle is empty. After you finish drinking the second dose, drink 16 oz. Of any clear fluid.

Mild nausea, fullness, and abdominal discomfort is not unusual. If you have any questions, please give our office a call at 770-442-5882. You will need someone to drive you home from your procedure. You will be there approximately 2 ½ hours from arrival time.

NOTHING BY MOUTH THE MORNING OF PROCEDURE. If you normally take blood pressure medication in the mornings, you may take that with a small amount of water.