



Allegheny Regional Endoscopy  
810 Valley View Blvd. Altoona, PA 16602  
Front desk: 814-946-5469 Fax: 814-946-4970

***Your colonoscopy is scheduled on:***

**NuLytely/GoLytely 2-day Prep Instructions**

- Avoid iron supplements for 5 days prior to your procedure.
- Avoid eating whole-grain bread/cereals with nuts/seeds and corn for 5 days prior to your procedure.

***2 days prior to procedure:***

- Begin the low-residue diet (see attached page) first thing in the morning.
- At 5:00pm, mix a 7-day supply of Miralax with 32 ounces of Gatorade. **NO RED OR PURPLE.** *If you are diabetic, please use Gatorade Zero.* Drink the entire 32 ounces at your own pace, throughout the evening. Once finished, you may continue to drink clear liquids (see list below).

***1 day prior to procedure:***

- Consume *clear liquids only* today.
- In the morning, pour the NuLytely/GoLytely powder in the provided container and add lukewarm water to the "fill line" for a total of 1 gallon. Cap the container, shake vigorously and refrigerate.
- At 3:00pm, take 2 Dulcolax tablets (5mg each)
- At 5:00pm, start drinking half of the cold gallon of prep, taking a few hours to complete.
- Once complete, continue to consume *clear liquids* throughout the evening.
- *8 hours before your scheduled procedure time*, drink the second half of the cold gallon of prep over 3 hours *and no longer.*
- Once the prep is complete, you may continue to consume *clear liquids* until 2 hours before your scheduled procedure time.

***Notes***

- It may take a few hours for the prep to start working.
- It is normal to feel very full or bloated during your prep. *If you experience nausea and/or vomiting, wait 30 minutes before resuming prep/liquids. If vomiting does not disappear once you begin to move your bowels, please call us immediately for further instructions.*

**ACCEPTABLE CLEAR LIQUIDS**

Water    Gatorade    Jell-O    Kool-Aid    Broth    Popsicles  
Lemonade    Apple juice    White grape juice    White cranberry juice    Soda (all)  
Black coffee (no added cream or sugar)    Iced tea    Hot tea (no added sugar, honey)

**\*Do not consume any liquids which are red or purple in color\***

## Colonoscopy and Anesthesia

It is especially important that you read this information in its entirety and call to speak with us if you are unsure of any instructions. **Failure to comply with the below guidelines could result in the delay and/or cancellation of your procedures without question.**

- **YOU MUST** have a driver to sign you out of recovery after anesthesia. **You cannot use UBER, LYFT, Healthride or MediVan if you are having your procedure at Allegheny Regional Endoscopy.**
- **You may have CLEAR LIQUIDS up to 2 hours before your designated arrival time at our facility and no later.**
- Please refer to the prep instructions on the front of this sheet. **DO NOT follow pharmacy instructions.**
- **No alcoholic beverages are permitted during colon prep OR after midnight on the night before procedures.**

**CHEWING TOBACCO PRODUCTS, SMOKING, VAPING AND INHALATION OF MARIJUANA** (medical and recreational) **ARE PROHIBITED** after midnight, on the night before your procedures. You should also avoid hard candy and chewing gum after midnight.

- **All oral piercings** must be removed before all procedures. **NO EXCEPTIONS!**
- **All stimulators** (bladder, spinal etc.) should be turned “off” or placed in “surgery mode”.
- If you have been prescribed **Phentermine**, **you must hold this for 7 days prior to your procedure.**
- If you have been prescribed **Ozempic, Trulicity, Bydureon, Byetta, Victoza, Adlyxin, Wegovy, Mounjaro, Zepbound or Rybelsus**, **you must hold these for 24 hours (if oral) and 7 days (if injection) prior to your procedure.**
- Please refer to the personalized medication instructions given to you at your office visit. ***It is especially important to take medications for blood pressure and heart function on the day of your procedures.***
- ***If you experience any of the following between the day of your office visit and the day of your procedure, please notify us immediately:***
  - 1. A change in health status***
  - 2. an ER visit/hospital admission***
  - 3. testing for your heart, lungs, brain***

***Please call 814-946-5469 Option 7 to report these changes, or if you have any additional questions pertaining to your procedure.***

## Low Residue Diet

### Foods allowed

### \*Foods to Avoid\*

<p><b><u>Fruits</u></b></p> <p>oranges, grapefruit, cooked apples/peaches/ pears, ripe bananas</p>	<p><b><u>Fruits</u></b></p> <p>raw fruits, dried apricots, figs, dates, raisins</p>
<p><b><u>Cereals &amp; soups</u></b></p> <p>cooked and strained oatmeal, wheat cereals, refined rice cereals, dry cereals</p> <p>all soups</p>	<p><b><u>Cereals &amp; soups</u></b></p> <p>-----</p>
<p><b><u>Breads &amp; pasta</u></b></p> <p>toasted white bread (butter ok), saltines, rusk</p> <p>spaghetti noodles, macaroni noodles</p>	<p><b><u>Breads &amp; pasta</u></b></p> <p>bran, whole wheat, rye bread, corn bread, rolls, muffins</p>
<p><b><u>Vegetables</u></b></p> <p>cooked and strained asparagus, beets, peas, carrots, fresh lima beans, spinach, squash, white potatoes (mashed, creamed or baked – no skins)</p>	<p><b><u>Vegetables</u></b></p> <p>radishes, corn, cucumbers, cabbage, tomatoes, onions, garlic, celery, green beans, brussels sprouts, peppers, cauliflower, dried peas, beans, olives, pickles</p>
<p><b><u>Meats, poultry, fish, eggs &amp; cheese</u></b></p> <p>beef (broiled or baked), chicken, turkey, ham (boiled or broiled), bacon, lamb chops, eggs (soft boiled or poached), cottage cheese, cream cheese</p>	<p><b><u>Meats, poultry, fish, eggs &amp; cheese</u></b></p> <p>all fried, canned, salted and spices meats/fish, veal, mutton, nuts</p> <p>condiments, gravy, sauces</p>
<p><b><u>Desserts</u></b></p> <p>custard, pudding, ice cream, Jello, cake (no icing), honey, syrup, clear jelly</p>	<p><b><u>Desserts</u></b></p> <p>rich pastries/desserts, candy, popcorn, marmalade</p>
<p><b><u>Beverages</u></b></p> <p>milk, buttermilk, eggnog, malted milk, cocoa, tea, coffee, carbonated drinks</p>	<p><b><u>Beverages</u></b></p> <p>alcoholic beverages</p>