INTERNAL MEDICINE ASSOCIATES LLC

DR ROY INSTRUCTIONS
PEG 3350/GOLYTELY/NULYTELY SPLIT DOSE

PLEASE PURCHASE OVER THE COUNTER

☐ One package of colorless, sugar-free "Halls" brand menthol cough drops

7 DAYS BEFORE THE PROCEDURE

- **STOP** taking iron containing products, such as a multivitamin with iron.
- **STOP** eating foods with seeds or nuts, popcorn, etc.
- **STOP** all GLP-1 agonist medication such as Ozempic, Rybelsus, Trulicity, Mounjaro, etc. If you take this medication for diabetes, please contact your managing provider for guidance on preventing hyperglycemia.

4 DAYS BEFORE THE PROCEDURE

- **STOP** taking herbal supplements, such as ginger/garlic pills, ginseng, ginkgo,etc.
- **STOP** taking any non-steroidal, anti-inflammatory medication such as Ibuprofen, Motrin, Advil, Naproxen, Aleve, etc. You may continue to take Tylenol.
- Please check with the prescribing physician if on any blood thinners.
- If you are unsure about the medications you are taking, please call your prescribing Doctor's office for clarification.

1 DAY BEFORE THE PROCEDURE

- **STOP ALL SOLID FOODS.** You may have only clear liquids starting when you get out of bed in the morning. Please see clear liquid guidelines.
- Mix the PEG 3350/Golytely/Nulytely according to the directions on the following page.
- **5:00PM: FOLLOW THE SPLIT DOSE DIRECTIONS** (SEE NEXT PAGE)
  This solution will cause diarrhea. Your stool should continue to become lighter until it is yellow/clear in color. While drinking the prep, please use the clear, sugar-free, menthol cough drops as needed to prevent vomiting. If you do vomit, try slowing your consumption rate. If your vomiting is excessive or you feel you may need to cancel your procedure, please contact our office immediately for further instructions.

THE DAY OF THE PROCEDURE

- The clear liquid diet may be continued until the second dose of your prep is started. Then, **nothing by mouth** until after your procedure.
- Only blood pressure and heart medications may be taken the morning of the procedure with the smallest amount of water possible. Hold other medications, unless specified by your Doctor.

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Phone: (907) 276-2811

Updated 11/2026

SPLIT DOSE INSTRUCTIONS

Using Golytely (4) Liter Bottle (1 gallon):

Prepare:

- Carefully read and follow all directions to mix this product.
- Crystal Lite lemonade powder may be added to the solution to improve the taste. If adding flavor, tear open flavor pack and pour contents into the bottle **BEFORE** reconstitution.
- Add lukewarm drinking water to top line on bottle. Cap the bottle and shake to dissolve the powder. The mixed solution will be clear and colorless. Do not add anything else to the solution.
- Separate solution into 2 equal amounts - 2 liters each - for split dosing. Solution should be used within 48 hours.
- Place containers with the solution in the refrigerator.

Complete:

DOSE 1 – BEGIN DRINKING AT 5:00PM THE NIGHT BEFORE THE PROCEDURE

- Drink 1 (8oz) glass every 10 – 15 minutes.
- Rapid drinking of each portion is better than drinking small amounts continuously.
- Drink the entire amount. (2 liters) Your stool should be yellow/clear in color.

DOSE 2 – BEGIN DRINKING 6 HOURS PRIOR TO THE PROCEDURE
(and complete by 4 hours prior to procedure)

- Continue to drink 1 (8oz) glass every 10 – 15 minutes.
- The entire solution must be finished within 2 hours giving you a 4-hour buffer before your procedure start time.
- Your stool should be yellow/clear in color.
- Once complete, do not consume any other food or liquids 4 hours prior to your procedure.

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CLEAR LIQUID GUIDELINES

START LIQUID DIET 1 DAY BEFORE YOUR PROCEDURE

BLACK COFFEE, HOT OR ICED TEA

(NO ESPRESSO, CREAM OR DAIRY)

7-UP, SPRITE, GINGER ALE

APPLE JUICE OR WHITE GRAPE JUICE

CHICKEN OR BEEF BROTH – NO CREAM OR DAIRY SOUPS

JELLO – LEMON OR LIME ONLY

POPSICLES – LEMON OR LIME ONLY

GATORADE – LEMON OR LIME OR CLEAR ONLY

WATER

ANYTHING YOU CAN SEE THROUGH SHOULD BE OKAY, AS LONG AS IT HAS NO PARTICLES. IF YOU ARE UNSURE OF SOMETHING, PLEASE FOLLOW THE ABOVE GUIDELINES OR CALL OUT OFFICE WITH QUESTIONS. MONDAY-FRIDAY 8AM-5PM (907) 276-2811

NO SOLID FOOD. NO DAIRY. NO ALCOHOL. NOTHING BLUE, PURPLE, RED OR ORANGE COLORED.

You are required to arrange a driver for your procedure. You should not work, drive or make any major decisions for up to 12 hrs after your procedure. For your safety, you cannot be released to a taxicab. To avoid cancellation, please ensure you have a reliable driver arranged prior to your procedure date.

FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN CANCELLATION OF YOUR PROCEDURE AS WELL AS A $250.00 FEE.

Thank you for affording us the opportunity to provide you with our healthcare services.

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