

**YOU ARE NOT ABLE TO  
DRIVE YOURSELF TO  
PROCEDURE , YOU NEED  
AN ADULT 18+ TO SIGN YOU  
OUT ,  
IF NOT, YOU WILL BE  
RESCHEDULED !**



**John Jacob Alvarez,**  
**MD.**

GoLyteLy, NuLyteLy or Colyte, PEG 3350

The day before the procedure, you may have only clear liquids.  
NO Solid Foods , dairy products (Coconut milk, Almond Milk, Oat Milk)

NO Colored Liquids with Red or Purple .

- Mix the laxative preparation as directed on the label and place in the refrigerator for a few hours to chill before drinking.

At 5P.M., begin drinking the laxative preparation . (GoLyteLy, NuLyteLy or Colyte, PEG 3350).

- Drink one 8-ounce glass every ten minutes until Half the bottle is consumed.

You should complete drinking the other half of the laxative preparation at 3A.M The Morning of the Colonoscopy .  
STOP ALL LIQUIDS AFTER 10 pm.

Drink the preparation with a straw; this may make it easier to consume.

You may add the flavor packet provided with the medication, but do not add any additional flavoring to the liquid.

- If you experience vomiting, stop drinking the preparation for 20-30 minutes then restart and finish the remainder of the preparation.
  - On the day of the procedure, do not take anything by mouth. Take only those medications as discussed previously (blood pressure, heart, seizure medications) with a sip of water.

-IF YOU HAVE ANY ISSUE'S, PLEASE CONTACT US AT 210-242-0256