

# COLONOSCOPY PREPARATION INSTRUCTIONS

## using Golytely<sup>®</sup>, Nulytely<sup>®</sup>, TriLyte<sup>®</sup> or Colyte<sup>®</sup>

### Obtain the following:

1. Golytely, Nulytely or TriLyte solution.
2. Gas tablets (Gas-X or Simethicone) – obtain at your local pharmacy without a prescription.

### Day PRIOR to the procedure:

1. Mix preparation (Golytely/Nulytely/TriLyte) as indicated in the instructions and place it in refrigerator for later use.
2. Start a strict clear liquid diet (NO SOLID FOODS)

Examples include:

- Clear fruit juice (without pulp) – Apple, white grape, etc.
  - Chicken broth
  - Coffee without milk or creamer
  - Clear sodas (7up, Sprite, Ginger Ale)
  - Jello (lime or lemon flavors only)
  - Gatorade/Powerade (yellow flavors only)
  - Popsicles without pieces of fruit or pulp(lime or lemon)
3. Any time after 6PM, drink 1 glass (8 oz) of the solution every 10 minutes until half the container is empty.  
*\*\*\*It is best to drink the whole glass rapidly rather than sipping small amounts continuously.*  
*\*\*\*Feelings of bloating and/or nausea are common after the first few glasses because of the large volume of fluid ingested. This is temporary, however, and will disappear once bowel movements begin.*
  4. After finishing half of the solution, take 2 gas tablets with a clear liquid.

### **Day of the procedure:**

1. Do NOT eat or drink any food
2. Starting 4 hours prior to your procedure time, drink the remaining solution.

*\*\*\*Example: If your procedure is at 10AM, you start drinking the remaining solution at 6AM. It is very important to finish drinking the solution. If not, the colon might not be clean enough and the procedure will have to be repeated at a later date.*

*\*\*\*You need to have finished drinking the solution 2 hours prior to your procedure time.*

3. After drinking the entire solution, take 2 gas tablets with a clear liquid.
4. Take your morning medications with a sip of water

*\*\*\*if you are a diabetic, do not take your morning oral diabetic medications. If you use insulin in the mornings, only use half the dose.*

*\*\*\*If you take anticoagulants or antiplatelets (“blood thinners”) like Plavix®, Coumadin®, Pradaxa®, Xarelto®, Eliquis®, Effient®, etc., you should discuss with your doctor.*

*\*\*\* You must have someone with you in order for the physician to explain the results of the procedure after your exam, (this person will also be your driver), as you will have been sedated. Plan to be at the surgery center/hospital for approximately 2-3 hrs. They surgery center or hospital may call you with any schedule changes or updates.*