**COLONOSCOPY PREP INSTRUCTIONS USING 4 LITER GLYCOL/ELECTROLYTE**

**Brand names: COLYTE, GOLYTELY, TRILYTE, NULYTELY**

**(IF YOUR PROCEDURE IS AFTER 12:00 NOON)**

Several days prior to your procedure fill your prescription at your pharmacy.

Please follow these instructions carefully in order to ensure a good prep for your procedure.

**For 3 DAYS PRIOR TO COLONOSCOPY:**

Avoid eating corn, seeds, popcorn, nuts & pits.

STOP any IRON supplements & FISH OIL medication.

**1 DAY PRIOR TO YOUR COLONOSCOPY:**

You may eat a low residue (low fiber) breakfast and lunch until 1:00 pm. (i.e., Scrambled eggs, plain white toast, white rice, chicken, or fish. NO whole grains, cereals, oatmeal, seeds, or nuts.)

**1:00 PM** Onwards: You may drink **CLEAR LIQUIDS** only. **No** solid foods or dairy

products are allowed.

**\*THIS PREP IS A SPLIT DOSE REGIMEN – 2 SEPARATE DOSES\***

**BETWEEN 7:00 pm and 9:00 pm –** Drink 8 ounces every 10-15 minutes until half of the solution is gone.

**DAY OF YOUR COLONOSCOPY**

**Take your usual morning medication (with any special instructions regarding blood thinners or diabetes medication).**

**6 (SIX) hours** before your procedure, start the second half of your prep by drinking 8 ounces every 10-15 minutes. You must finish it at **LEAST** 4 hours prior to your procedure. For example, if you plan to leave at 12:00PM the second half should be consumed between 6:00AM and 8:00AM.

Nothing to eat or drink for 4 hours before your procedure. This

includes hard candy, chewing gum, water, your prep,

etc. Eating or drinking may result in cancellation or delay of

your procedure.

**TIPS:**

**-You will need to stay near a toilet during your prep, you will have diarrhea.**

**-Occasionally people may experience nausea with the prep. If this occurs, give yourself a short break & then continue the solution.**

**-You may add ice or have a lollipop or hard candy while drinking the solution.**

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| **‘Clear Liquids’ Include:**  **Strained Fruit Juices (No pulp) e.g., Apple, White Grape,**  **Lemonade**  **Water**  **Clear Broth or Bouillon**  **Coffee or Tea (No Milk or Non-Dairy Creamer)**  **All of the following that are NOT colored RED or**  **PURPLE:**  **Gatorade or Powerade**  **Carbonated and Non-Carbonated Soft Drinks**  **Kool-Aid or Other Fruit-Flavored Drinks**  **Plain Jell-O, Ice Popsicles** | **NOT Clear**  **liquids:**  **Milk**  **Juice with pulp**  **Alcohol**  **Anything you**  **can’t see**  **through.** |