

COLONOSCOPY PREP INSTRUCTIONS USING 4 LITER GLYCOL/ELECTROLYTE

Brand names: COLYTE, GOLYTELY, TRILYTE, NULYTELY

(IF YOUR PROCEDURE IS BEFORE 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 your Procedure:

Avoid eating corn, seeds, popcorn, nuts and pits.
STOP any IRON supplements and FISH OIL.

1 DAY PRIOR TO YOUR PROCEDURE:

Drink only 'clear liquids' for breakfast, lunch and dinner. No solid foods or dairy products are allowed.

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

Drink half of the preparation between 5:00 pm and 7:00 pm (approx. 8 ounces every 10 – 15 minutes.)

DAY OF YOUR COLONOSCOPY

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 9:00AM the second half should be consumed between 3:00AM and 5:00 AM.

(However, if it is too difficult for you to complete this stage in the night, then consume between 10:00PM and Midnight, or as late as possible.)

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 drinking the solution.

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

'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.**