



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 your Procedure:

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

1 DAY PRIOR TO YOUR PROCEDURE:

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 are allowed.

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

Drink half of the preparation between 7:00 pm and 9:00 pm (approx. 8 ounces every 10 – 15 minutes.)

DAY OF PROCEDURE:

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

6 (Six) hours prior to leaving for the endoscopy center, start the second half of your preparation 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 12:00 pm the second half should be consumed between 6:00am and 8:00 AM.

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.