

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.

<p><u>'Clear Liquids' Include:</u> 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) <u>All of the following that are NOT colored RED or PURPLE:</u> Gatorade or Powerade Carbonated and Non-Carbonated Soft Drinks Kool-Aid or Other Fruit-Flavored Drinks Plain Jell-O, Ice Popsicles</p>	<p><u>NOT Clear liquids:</u> Milk Juice with pulp Alcohol Anything you can't see through.</p>
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