

**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 COLONOSCOPY:**

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

STOP any IRON supplements & FISH OIL medication.

**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\***

**5:00 pm and 7:00 pm** - Drink 8 ounces every 10-15 minutes until half of the solution is gone.

**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 5:00AM. **(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 the solution.
- You may add ice or have a lollipop or hard candy while drinking the solution.

<p><b><u>'Clear Liquids' Include:</u></b>          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><b><u>NOT Clear liquids:</u></b>           Milk          Juice with pulp          Alcohol          Anything you can't see through.</p>
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