



Golytely, Colyte, Nulytely, or Trilytely Preparation Instructions

Five days before the procedure – no aspirin, aspirin products, fish oil or Vitamin E supplements

- If you are taking **Aspirin** based products, **fish oil** supplements, or extra **Vitamin E**, please contact our office for further instructions. If you are currently taking blood thinners such as **Coumadin or Plavix**, please let your physician know immediately, as you must stop this medication several days prior to the exam to prevent excessive bleeding. You must also clear this with your primary care physician or cardiologist.
- If you are diabetic and take medications such as Invokana, Farxiga, Jardiance or others, stop the medication three days prior to the procedure as well as the day of for a total of four days without medication. You should seek medical advice from the prescribing physician regarding your medication regimen related to the upcoming procedure.
- Stop eating nuts, seeds, or quinoa.

Two days before the procedure

- Stop your fiber supplements (Kashi bars, high fiber cereals, Metamucil, Konsyl, Citrucel, Benefiber, etc.)
- If you were given a prescription for potassium supplements, take them as directed with breakfast.

The entire day before the procedure

- You may have a light, low fiber breakfast early in the morning. (e.g. yogurt, eggs, white toast – no butter) Do not eat vegetables, fruits, nuts, butter, milk, cheese, meat, or whole grain cereals.
- If you were given a prescription for potassium supplements, take them as directed with breakfast.
- **YOU MUST DRINK PLENTY OF CLEAR LIQUIDS THROUGHOUT THE ENTIRE DAY** – it is recommended that you drink a minimum of 32 fluid ounces of clear liquids spread out over the day **BEFORE** you start your prep. This will help prevent you from becoming dehydrated.
- You will be on a clear liquid diet. A clear liquid is any liquid that you can put in a glass and see straight through it. Avoid red colored liquids or jello. You may have Jello, bouillon, consommé, apple, grape, or white cranberry juice, Gatorade, black coffee, tea, cola, or water. Anything that melts into a clear liquid (sorbet, Italian ice, ice, lifesavers) is allowed. Milk, cream, anything with pulp, or alcoholic beverages is **NOT** allowed. Solid food is **NOT** allowed.

The evening before the procedure

- Plan to drink the entire bottle of laxative preparation (prescriptions are attached). You may choose between the flavors. Mix the solution as directed; usually you will add lukewarm drinking water to top of line on the bottle. Cap the bottle and shake to dissolve the powder. You may refrigerate the solution once the powder dissolves.
- If you were given a prescription for Dulcolax tablets or anti-nausea medications, take them as directed.
- Beginning anytime between 3 & 7 p.m., start drinking 8 ounces of the fluid every twenty minutes. Chilling the liquid or sipping through a straw makes it easier. You will finish the bowel prep liquid in about two to four hours.
- Afterwards, you may then drink all the clear liquids you like. We recommend you drink plenty of clear liquids to avoid dehydration. You are to **STOP DRINKING FOUR HOURS** prior to your procedure time.

The morning of the procedure

- Patients taking daily medications may take their regular morning dosages with a very small sip of water.
- Please do **NOT** chew gum for at least four hours before your procedure.

After the procedure

- You must have someone responsible drive you home after colonoscopy & ambulatory surgery - because you will be given a sedative for the procedure. Your procedure will be cancelled if you do not have a responsible escort home.
- You should plan to rest quietly for the remainder of the day. You may resume normal activity the next morning.
- You should not drive or make legal decisions for the remainder of the day.
- Biopsy/pathology reports take about 3-4 business days to get from the laboratory. Please allow this much time before contacting our office for your results.
- If you have any questions, please contact our office prior to your exam.