

**PREPARATION INSTRUCTIONS FOR
COLONOSCOPY USING:
GoLytely®, NuLytely®, Colyte® or Trilyte®**

Arrival Time: _____

Date: _____

Doctor: _____

Do these things **7 DAYS BEFORE** the procedure:

Arrange an escort: You will be given medicine during the procedure that makes you relaxed and sleepy, therefore you cannot drive a car or take public transportation home by yourself. **You must have a responsible adult to accompany you home; otherwise your procedure will be cancelled and rescheduled. No exceptions.** Please inform your escort that the entire visit will last approximately 3 hours.

If you have a managed care plan, call to ensure they will cover the procedure.

Stop taking Iron. Continue taking your other medications.

If you are taking Coumadin or any blood thinner – call your doctor for special instructions.

Buy one container of Golytely, Colyte, Nulytely or Trilyte with the prescription given to you by your doctor

If you need to cancel your appointment, call

Do these things **2 DAYS BEFORE** the procedure:

Confirm your escort.

Drink at least 8 glasses of water throughout the day.

Stop eating seeds, popcorn, nuts, whole grains, and green vegetables.

Do these things **1 DAY BEFORE** the procedure:

Start a strict, clear liquid diet (NO SOLID FOOD). A liquid is clear if you can see through it. Examples include:

- Apple and white grape juice
- Beef or Chicken broths that are clear;
- Tea and coffee **WITHOUT** milk;
- Soda, Gatorade, Kool-Aid, Jell-o, Popsicles, (any color **except red**)

Fill the one-gallon plastic container with the laxative powder (Golytely, Colyte, Nulytely or Trilyte) with water; shake well until the powder is dissolved. Put the container in the refrigerator if you prefer to drink it cold.

Mid-afternoon to early evening: Start drinking the laxative liquid (Golytely, Colyte, Nulytely or Trilyte) until it is gone. It should take 3 to 4 hours to **DRINK ALL OF THE SOLUTION.** Make sure you are near bathroom facilities.

It is ok to drink clear liquids throughout the day and evening. DO NOT EAT ANY SOLID FOOD until after the procedure.

The preparation will cause you to have MANY loose bowel movements, which will result in a clean colon for the procedure. You may feel bloating and nausea while taking the prep. *If you have problems completing this preparation, call the GI fellow on call (617) 638-5793.*

Do these things **ON THE DAY OF** the procedure:

- **Take your normal medication with a sip of water. Please bring a list of your current medications.**
- *Diabetics- if you take insulin, take one-half of your regular dose of insulin on the morning of the procedure. If you take a pill for your diabetes, you may skip it on the morning of the procedure unless instructed otherwise.*
- **You may have clear liquids up until 6 hours before the procedure. NO SOLID FOOD.**
- **Make sure your escort/driver is available to pick you up after the procedure.**



Endoscopy
Center

840 Harrison Ave, Boston MA 02118
2nd Floor of the Menino Pavilion
Across from the cafeteria
617-638-6525 option#1