

Colyte, Trilyte or Golytely Prep

Day Before Your Colonoscopy

The entire day before the procedure only clear liquids (see list below).

Acceptable clear liquids: (any of the following not colored red or purple)

Apple juice, white grape juice, strained fruit juices without pulp, sports drinks such as Gatorade, Jell-O, popsicles, (read the label, some can contain dairy/fruits), clear soda, tea, black coffee, flavored water or broth.

STOP Jell-O or broth 8 hours before procedure.

Solid food, milk or milk products are not allowed.

NO MARIJUANA 48HRS BEFORE PROCEDURE

***NOTHING BY MOUTH 4 HOURS PRIOR TO PROCEDURE
INCLUDING GUM OR MINTS***

STEP 1: In the morning mix the prep according to instructions. Shake until the powder is mixed and chill in the refrigerator.

STEP 2: BETWEEN 3PM AND 6PM START YOUR PREP

STEP 3: DOSE 1: Shake the container. Begin drinking the solution. Drink an 8-ounce glass of the solution every 10 -15 minutes.

Keep drinking the solution **until you drink 3 liters (bottle is 3/4 empty)**. Shake the container before pouring each dose. Refrigerate the unused portion.

• Make a conscious effort to drink as much clear liquids as you can before and during the preparation.

IMPORTANT: If you experience preparation-related symptoms (for example, nausea, bloating, or cramping), pause or slow the rate of drinking the additional water until your symptoms diminish. Drink additional water.

Day Of Colonoscopy

STEP 1: DOSE 2: Between 3am and 6 am (12 hours after 1st dose) start drinking the remainder of the solution (1 liter). Drink an 8-ounce glass of the solution every 10 -15 minutes as directed.

- Keep drinking the solution until the bottle is empty.

STEP 2: You must complete ALL liquids 4 hours prior to your procedure.

(Once the prep is completed, your stool should be clear to yellow (urine color). If not, please call our office. 520-795-3090. If you do not follow these instructions, your prep may not meet the requirements for us to complete the procedure and can possibly be rescheduled.

***REMINDER: NOTHING BY MOUTH 4 HOURS PRIOR TO PROCEDURE INCLUDING GUM, MINTS, CANDY, ETC**



You must have someone drive you home after your procedure. You will not be allowed to leave by yourself. You will not be able to drive for the remainder of the day.

****Diabetic Patients****

- **Blood Sugar Management:**
Please check your blood sugar more frequently throughout the day during this 2-day prep. When selecting liquids, please drink regular juices and sodas. You may drink non-diabetic products the day before the procedure. If your blood sugar becomes low during your preparation, you may drink clear juices to help raise your blood sugar. If you have any concerns regarding your blood sugar or it has become low at any point during your prep, please call our office, and speak to one of the nurses 520-795-3090. If it is after hours, you will speak to a doctor on call.

A 48-hour (business days) notice is required if you need to cancel or reschedule your appointment, or you will be charged a cancellation fee of \$100.00.