

## COLONOSCOPY PREPARATION INSTRUCTIONS – Trilyte/Go-Lytely/Nu-Lytely

Patient Name: \_\_\_\_\_ Doctor: \_\_\_\_\_

Procedure Date: \_\_\_\_\_ Check-in at \_\_\_\_\_ a.m./p.m. with procedure to follow one hour later.

Facility where procedure is to be performed: Southeast Valley Endoscopy Center

**FILL PRESCRIPTION** for Trilyte/Go-Lytely/Nu-Lytely at your pharmacy.

**1.) FOR THE ENTIRE DAY BEFORE YOUR TEST, FOLLOW A CLEAR LIQUID DIET.**

**NO SOLID FOODS MAY BE EATEN!** We recommend that you drink at least 32 ounces of clear fluids before beginning the prep. Clear liquids include water, pulp-free juice, tea, coffee, soda, clear broth, Jell-O (no red or purple), popsicles (no red or purple) and Gatorade (no red or purple). *Please do not consume milk, milk products, non-dairy creamer, red or purple products or alcoholic beverages.*

**2.) NOTHING BY MOUTH 4 HOURS PRIOR TO YOUR CHECK-IN TIME – THIS INCLUDES**

**WATER, MEDICATIONS, GUM AND MINTS.** You may continue to drink clear liquids up to four hours prior to your check-in time.

**3.) WHEN TO DRINK THE LAXATIVE SOLUTION:**

- ☐ **Mid-morning the day before your colonoscopy** – Add lukewarm water to the top of the line on the container, replace the cap and then shake to dissolve the powder. Put the solution in the refrigerator to chill.

**At 1:00 p.m. the day before your colonoscopy**, begin drinking an 8 oz glass of /Trilyte/Go-Lytely/Nu-Lytely solution every 15 minutes until gone. You may drink the solution a little slower if you become nauseated.

**4.) REMINDER: Nothing by mouth 4 hours prior to your check-in time.**

- **Failure to follow these instructions could result in your procedure being postponed or cancelled. This is for your safety and to prevent an increased risk of pulmonary aspiration due insufficient time to allow stomach contents to be empty.**