



Colonoscopy GoLytlely/NuLytlely/TriLyte Preparation

PLEASE READ AND FOLLOW ALL INSTRUCTIONS CAREFULLY

Colonoscopy Preparation:

Your physician will need to provide a prescription to purchase a 4-liter preparation from your pharmacy.

You will need to have a very clean colon for the Gastroenterologist to examine your colon. This process requires taking strong laxatives which will cause significant diarrhea. You must follow the preparation instructions carefully to assure you will be cleaned out and to prevent dehydration. Occasionally despite your best efforts, the clean out will be insufficient and the procedure will have to be postponed. Your Gastroenterologist will make recommendations appropriate for your digestive system.

The day before the procedure:

You may eat a small low residue breakfast, such as eggs and white toast. It must be completed by 9 am. ***Avoid any seeds, nuts, raisins, fruit and dairy products*** No more solid food. The remainder of the day you may have any clear liquids such as water, juices, tea, coffee, soda, non-red sports drinks, and non-red Jell-O. Do not consume anything red or purple colored.

Avoid illicit substances 24 hours prior to the procedure and no alcohol or marijuana products for 12 hours prior. All patients will be assessed for signs of impairment on the day of the procedure and if there is any concern, the procedure will be cancelled.

At 5 PM the night before the procedure:

At 5:00 pm on the night before the procedure, start drinking $\frac{1}{2}$ (one-half) gallon of the preparation. Drink an 8-ounce glass every 10 to 15 minutes. Gulp the glasses down, do not sip. You must finish $\frac{1}{2}$ (one-half) gallon which is $\frac{1}{2}$ of the container. Eventually, the preparation will pass through you in the form of diarrhea.

On the day of the procedure:

Starting at least 5 hours before the procedure, drink $\frac{1}{2}$ (one-half) gallon of the preparation, an 8-ounce glass every 10 to 15 minutes. You must finish the entire gallon of preparation (including the amount taken the previous night) at least three hours prior to the procedure.

You must stop drinking 3 hours before the procedure. If you have anything by mouth, including gum, in the three hours before the procedure, the procedure may be rescheduled.

If you take heart or blood pressure medications, take your pills three hours before the procedure with water (unless advised differently by your doctor).

Note: Please leave all jewelry and valuables at home. Optum Medical is not responsible for the loss of any patient's property. Do not wear contact lenses.