

## **Colyte, Trilyte or Golytely Prep**

**\*\* 5-7 days before your procedure have your prescription filled.**

**\*\* If you routinely have less than 2 bowel movements per week then you will also need to purchase an 8.3oz bottle of Miralax from the pharmacy to provide you with 10 doses of this laxative. Begin taking a dose of Miralax twice a day for the 5 days prior to your procedure. Take your last dose of Miralax the morning before your procedure.**

**\*\* 3 days prior to your procedure begin following the pre-colonoscopy diet plan. Eat exactly what is permitted: do not take liberties.**

### **THE DAY BEFORE YOUR PROCEDURE- BETWEEN 3 AND 6PM - START YOUR PREP**

- Mix the prep according to instructions. Shake until the powder is mixed and chill in the refrigerator.
- Begin drinking the solution. Drink an 8 oz. glass of the solution every 10 – 15 minutes.
- It is recommended that you drink the whole glass rapidly rather than sip small amounts. Drinking through a straw helps make the drinking easier.
- Feeling of bloating, abdominal fullness and nausea are common after the first glasses of the solution. This is temporary and should subside once bowel movements begin. Walking may help.
- Your body loses significant amounts of fluid during bowel preparation. In order to prevent dehydration it is important to supplement that fluid loss with clear liquids. **Make a conscious effort to drink as much as you can before, during and after the preparation.**
- Keep drinking the solution every 10 – 15 minutes **until you drink 3 liters (bottle is ¾ empty).**

### **THE DAY OF YOUR PROCEDURE – 4 HOURS BEFORE YOU LEAVE HOME FOR YOUR APPOINTMENT.**

- Begin drinking the remainder of the solution (1 Liter). Drink an 8 oz glass of the solution every 10 – 15 minutes as directed above. Do not rush. If you need to wait longer between glasses, do so.
- Keep drinking the solution **until the bottle is empty.**
- In order to prevent dehydration it is important to supplement that fluid loss with clear liquids. **Make a conscious effort to drink as much as you can before, during, and after the preparation.**
- You may drink clear liquids until 3 hours before your appointment time.
- You may take your prescription medications (except those listed in the booklet) with water up to 3 hour before your appointment arrival time.
- **Do not use items such as gum, hard candy, breath mints or smokeless tobacco on the day of your procedure.**
- If you have any questions or concerns or if you are unable to prep, please call your physician's office. If the time is after normal office hours the answering service will take your call and contact the physician on call.