

Colyte, Trilyte or Golytely Prep

5 - 7 DAYS BEFORE THE PROCEDURE - Have your prescription filled. Follow the prep instructions below.

5 DAYS BEFORE THE PROCEDURE - If you routinely have less than 2 bowel movements per week then you will also need to purchase an 8.3oz bottle of Miralax. Begin taking a dose of Miralax twice a day **5 days prior** to your procedure. Take the last dose of Miralax in the morning **the day before** your procedure.

3 DAYS BEFORE THE PROCEDURE - AVOID raw fruits and vegetables, whole wheat/multigrain products, beans, nuts, popcorn and seeds.

THE DAY BEFORE THE PROCEDURE - You may only have **clear liquids the entire day** such as water, coffee, tea, broth, sodas, apple juice, Gatorade, Kool-aid, Jell-O, popsicles and hard candy. You may not have any solid food. **It is important to drink extra clear liquids before your prep to maintain adequate hydration. Do not drink liquids that are not clear such as milk. Do not drink liquids that are red or purple in color.**

THE DAY BEFORE THE PROCEDURE

MORNING:

- Mix the prep according to instructions. Shake until the powder is mixed and chill in the refrigerator.

BETWEEN 3 AND 6PM - START YOUR PREP:

- Shake the container. Begin drinking the solution. Drink an 8 ounce glass of the solution every 10 - 15 minutes. It is recommended that you drink the whole glass rapidly rather than sip small amounts. A straw may help.
- Keep drinking the solution every 10-15 minutes **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, during and after the preparation.**

NOTE:

- If you experience nausea - slow down your prep intake and walk around until nausea is relieved.
- Use baby wipes and/or Balneol cleansing cream or lotion during the prep to reduce irritation.

THE DAY OF THE PROCEDURE - 4 HOURS BEFORE YOU LEAVE HOME FOR YOUR APPOINTMENT

STEP 1:

- Begin drinking the remainder of the solution (1 liter). Drink an 8 ounce 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**. This solution must be completed at least 3 hours prior to your appointment arrival time.

STEP 2:

- 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 hours before your appointment arrival time.
- Do not use smokeless tobacco on the day of your procedure.
- Starting 3 hours before your appointment arrival time **absolutely nothing by mouth** including gum, hard candy, breath mints.

Please call us at 901-747-3630 if you have any questions or if you are having difficulty with the preparation. We are available 24 hours a day, 7 days a week.