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COLONOSCOPY PREPARATION USING GO-LYTELY, COLYTE, NU-LYTELY OR TRILYTE AT THE GASTRO-SURGI CENTER

WEEK PRIOR TO EXAM: DO NOT TAKE IRON, VITAMIN E OR ANTI-INFLAMMATORIES. PLEASE NOTIFY OUR OFFICE IF YOU ARE ON COUMADIN, PLAVIX, OR ANY OTHER BLOOD THINNER MEDICATION, ASPIRIN OR ANTI-COAGULANT. YOU WILL NEED TO CONTACT YOUR CARDIOLOGIST TO RECEIVE CLEARANCE TO TEMPORARILY DISCONTINUE THESE MEDICATIONS FOR A FEW DAYS PRIOR TO THE EXAM.

IT IS REQUIRED THAT A FAMILY MEMBER OR FRIEND DRIVES YOU. TAKING A TAXI IS NOT ALLOWED WITHOUT A FAMILY MEMBER OR FRIEND ACCOMPANYING YOU HOME. YOUR PROCEDURE WILL BE CANCELLED IF YOU DO NOT HAVE ARRANGEMENTS FOR A RIDE HOME. APPROXIMATE TIME AT THE FACILITY IS TWO AND A HALF (2 ½) HOURS FROM THE TIME OF YOUR ARRIVAL.

THREE (3) DAYS PRIOR: AVOID ALL ROUGHAGE, FRUITS, VEGETABLES, AND FIBER FOODS SUCH AS WHOLE GRAINS, OR FOODS WITH SEEDS OR SKINS. SUGGESTIONS OF FOOD YOU SHOULD BE EATING INCLUDE: CHICKEN, FISH, WHITE RICE, WHITE BREAD OR PASTA, EGGS, PLAIN BAGELS, PLAIN PANCAKES, MASHED POTATOES. YOU ARE REQUIRED TO CALL THE DOCTOR'S OFFICE THREE BUSINESS DAYS PRIOR TO CONFIRM YOUR PROCEDURE. *****REMINDER: WE REQUIRE 48 HOURS NOTICE FOR CANCELING OR RESCHEDULING ANY PROCEDURE, OR A \$100 FEE WILL BE APPLIED. THIS WILL NOT BE BILLABLE TO INSURANCE*****

DAY PRIOR TO EXAM: YOU WILL BE ON CLEAR LIQUIDS ONLY – NO SOLID FOODS. ACCEPTABLE CLEAR LIQUIDS INCLUDE: CLEAR BROTH OR BULLION, GATORADE (NOT RED IN COLOR), JELL-O (NOT RED IN COLOR), ICED TEA, APPLE OR WHITE GRAPE JUICE, BLACK COFFEE OR TEA. AFTER 4:00 P.M. COMPLETE FASTING IS REQUIRED UNTIL YOUR ENTIRE GALLON PREPARATION IS CONSUMED.

- TRILYTE, GO-LYTELY, COLYTE OR NU-LYTELY WILL NEED TO BE RECONSTITUTED AS DIRECTED ON THE PACKAGE INSTRUCTIONS
- STARTING BETWEEN 4:00P.M. AND 6:00P.M. THE AFTERNOON PRIOR TO THE EXAM YOU WILL NEED TO DRINK ONE (1) 8 OZ. GLASS OF TRILYTE, GO-LYTELY, COLYTE OR NU-LYTELY. CONTINUE TO DRINK AN 8 OZ. GLASS EVERY 10 – 20 MINUTES UNTIL THE ENTIRE GALLON IS CONSUMED OR UNTIL CLEAR YELLOW DIARRHEA ENSUES.
- IT MAY HELP TO RINSE YOUR MOUTH WITH WATER BETWEEN GLASSES. DO NOT SWALLOW THE WATER.
- YOU MAY USE A LOLLIPOP (NOT RED IN COLOR) TO HELP WITH NAUSEA.
- **IF AFTER TAKING THE ENTIRE PREPARATION THE RETURN IS NOT CLEAR, YOU WILL NEED TO TAKE A TAP WATER ENEMA.**
- AT BEDTIME YOU WILL NEED TO TAKE THREE (3) DULCOLAX TABLETS. THIS PRODUCT IS AVAILABLE AT YOUR PHARMACY AND DOES NOT REQUIRE A PRESCRIPTION.
- ONCE YOU HAVE COMPLETED DRINKING THE PREPARATION YOU MAY HAVE CLEAR LIQUIDS UP TO TWO (2) HOURS PRIOR TO YOUR PROCEDURE.

DAY OF THE EXAM: IF YOU TAKE ANY PRESCRIBED HEART AND BLOOD PRESSURE MEDICATION, YOU WILL NEED TO TAKE IT WITH A SMALL SIP OF WATER VERY EARLY THE MORNING OF THE EXAM.

PLEASE REPORT TO:
THE GASTRO-SURGI CENTER OF NEW JERSEY
1132 SPRUCE DRIVE
MOUNTAINSIDE, NJ07092

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