COLONSCOPY 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-INFLAMMATORY MEDICATIONS. 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 CANCELLING 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.