

PREPARING FOR YOUR COLONOSCOPY

Split Dose Trilyte/NuLyte/GoLyte/Colyte

- If you take **ASPIRIN, IRON, OR COUMADIN**, you may need to stop this 1 week before the procedure, or as otherwise directed by the provider. Please discuss with your provider.
- If you take regular medications, please ask how to take them the day before your procedure and the day of the procedure

**DO NOT FOLLOW THE DIRECTIONS THAT COME WITH THE BOWEL PREP KIT.
FOLLOW THESE DIRECTIONS ONLY!!**

DAY BEFORE PROCEDURE:

Drink **CLEAR LIQUIDS** all day. **NO FOOD, NO DAIRY, NO ALCOHOL**
CLEAR LIQUIDS INCLUDE:

- Strained fruit juices without pulp (ex: apple, white grape, Ocean Spray®, Snapple®, Crystal Lite®, Kool Aid®, etc)
- Water, Tea, clear broth or bouillon
- Coffee (**NO** dairy, milk, non-dairy creamer)
- Ensure® or Boost® (**NOT** Ensure® plus or with fiber) as meal supplements
- Gatorade®, carbonated and non-carbonated soft drinks, fruit flavored drinks, plain (no fruit added) Jello®, ice popsicles (no ice cream)
- **NOTHING RED OR PURPLE**

IF DIABETIC – USE GLUCERNA® OR CHOICE® AS MEAL SUPPLEMENTS

Preparation of the Solution – fill the container to the **FILL** mark with lukewarm water. Cover and shake to dissolve. All solutions are clear and colorless.

EVENING BEFORE PROCEDURE:

- 5pm: Start drinking the laxative solution (liquid). Drink one 8oz glass every 10 minutes *until half of the solution is gone*. Refrigerate the remainder of the solution.

BE NEAR A TOILET! You may experience bloating and some cramping, and definite diarrhea, loose and watery stools. This is normal and it may last for a few hours.

DAY OF THE PROCEDURE

- **FIVE hours prior to arriving at the GI Lab:** Drink the remaining laxative solution (liquid). Drink one 8oz glass every 10 minutes *until the solution is gone*.
- Do **NOT** consume any solid food until after the procedure.
- May drink a small quantity of water (up to 8oz) prior to procedure unless you are also scheduled for an EGD. If you are scheduled for an EGD – nothing by mouth for 6-7 hours.
- Even if you are scheduled for an EGD, it is **OK** to drink the bowel prep 5 hours before arrival.

Kudwest

– Binghamton Gastroenterology Associates
Call with any questions or concerns – 772-0639 –

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