



INSTRUCTIONS FOR PATIENTS UNDERGOING COLONOSCOPY with GoLYTELY, NuLYTELY, TriLyte, HalfLyte, or Colyte Preparations - **SPLIT DOSE PREP INSTRUCTIONS:**

- Get the laxative filled at a pharmacy.
- The day **BEFORE** your procedure, you may only have a clear liquid diet for breakfast, lunch, and dinner (see the items you can have on the list below). If your provider specifies, you may need to be on 2 days of a clear liquid diet prior to your colonoscopy.
- Mix the laxative preparation as directed on the label and place in the refrigerator for a couple of hours before drinking. Drink the bowel prep with a straw. This may make it easier to drink. You may add the flavor packet provided with the medication. **Do not** add any additional flavoring to the liquid.

**FIRST DOSE (1/2 Solution):**

- 5:00 p.m. Start laxative (GoLYTELY, NuLYTELY, TriLyte, HalfLyte, or Colyte). Drink one 8 oz glass every ten minutes until **half** the bottle is empty.

**SECOND DOSE (Remaining ½ Solution):**

- Drink 8 ounces every 10-15 minutes until finished. Make sure that you finish drinking the remaining solution at 4-5 hours prior to your scheduled procedure.
- After completing the laxative preparation, **do not** consume any food or water.
- If you should begin to vomit, stop drinking the preparation for 20-30 minutes and then finish the laxative preparation. If you are unable to finish the bowel preparation due to vomiting, call (410) 955-6070 and ask for the "Adult G.I." doctor on call.

## CLEAR LIQUID DIET

### THESE ITEMS ARE ALLOWED

- Water
- Clear broth: beef or chicken
- Juices
  - Apple juice or cider
  - Prune juice
  - Grape juice, Cranberry juice
  - Tang, Hawaiian Punch, Kool-Aid
  - Lemonade
- Sodas
- Tea
- Coffee (without cream)
- Clear gelatin (without fruit)
- Popsicles (without fruit or cream)
- Italian Ices

### THESE ITEMS ARE NOT ALLOWED

- Milk
- Cream
- Milkshakes
- Tomato juice
- Orange juice
- Cream soups
- Any soup other than the listed broth
- Oatmeal
- Cream of Wheat
- Grapefruit juice

**PLEASE NOTE:** It is **extremely important** to follow the preparation listed above, so that the doctor will be able to have full visualization of your colon. Your colon must be clear of any stool. Inadequate preparation limits the value of this procedure and could necessitate rescheduling of the examination.

*If you need to reschedule or cancel your appointment, please call (410) 955-4267.*

*If you have any medical questions regarding the instructions, please contact our endoscopy nurse coordinator at (410) 502-0793.*