



## INSTRUCTIONS FOR PATIENTS UNDERGOING COLONOSCOPY with GoLYTELY, NuLYTELY, TriLyte, HalfLyte, or Colyte Preparation

- Get the laxative prescription filled (GoLYTELY, NuLYTELY, TriLyte, HalfLyte, or Colyte) at a pharmacy.
- **The day before your procedure, you may eat a light breakfast and lunch such as yogurt, toast, can of soup, half sandwich, eggs, or oatmeal. After 12 pm, you may only have clear liquids (see below).**
- 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.
- 5:00 p.m. Start laxative (GoLYTELY, NuLYTELY, TriLyte, HalfLyte, or Colyte). Drink one 8 oz. glass every ten minutes until the entire bottle is empty. **You should completely finish drinking this laxative by 8:00 p.m.**
- 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
- *You may also use: salt, pepper, and sugar*

#### 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 above instructions, please contact our endoscopy nurse coordinator at (410) 502-0793.*