

# Instructions for Colonoscopy Preparation with GoLYTELY®/TriLYTE®

## FOLLOW THESE INSTRUCTIONS FOR YOUR PREPARATION

Failure to take the prep as indicated below will result in a poorly cleansed colon and **cancellation** of the procedure. Please follow these directions provided in the Colonoscopy Brochure, not the prep itself. This is for your **safety** and to eliminate the possibility of having to repeat this procedure.

### What You will Need to Successfully Complete this Prep:

- Please pick up your GoLYTELY®/TriLYTE® prescription at your pharmacy within 5 days.
- Purchase any of the **Clear Liquid Suggestions**.

### DAY BEFORE YOUR PROCEDURE:

- Eat a soft, light diet until 10:00am (Eggs, plain oatmeal, pudding, soups, applesauce)
- Drink only **clear** liquids after 10:00am: **Solid Foods, milk, or milk products are NOT ALLOWED.**
- Stay hydrated. The more you drink, the better you'll feel, and you will be more likely to have a good prep so the doctor can complete the procedure.

### THE EVENING BEFORE YOUR PROCEDURE:

- Mixing up the preparation fluid ahead of time and refrigerating it may improve the taste.
- Beginning at \_\_\_\_\_ drink GoLYTELY®/TriLYTE®, 1-2 glasses every 10-20 minutes, starting in the afternoon before your colonoscopy until half of the prep is gone.

### DAY OF YOUR PROCEDURE:

- Continue a clear liquid diet, **no solid food, milk, or milk products.**
- Drink the second part of your prep six (6) hours before your arrival time. Drink 1-2 glasses every 10-20 minutes until gone.
- **Do not drink anything four (4) hours before your arrival time!!!**

**Special instructions** \_\_\_\_\_

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If you have any questions, please call our office 860-347-4620.