

Instructions for Colonoscopy Preparation with GoLYTELY®/TriLYTE®

FOLLOW THE PREP INSTRUCTIONS BELOW AND NOT THE ONES THAT ARE ON THE BOX.

What You will Need to Successfully Complete this Prep:

- GoLYTELY®/TriLYTE® Prescription - Sent to your pharmacy
- Clear Liquids - Suggestions/Examples in Colonoscopy Brochure
- Simethicone 180mg Soft-Gel Tablets - Over The Counter
 - Examples:
 - Gas-X
 - Phazyme
 - Mylicon

DAY BEFORE YOUR PROCEDURE:

- Soft light diet until 10:00am
 - Ex: Eggs, plain oatmeal, pudding, soup, apple sauce
- **After 10:00am**, clear liquids only. **Do not** have anything red or purple, no dairy products, no solids

Suggestion: Mixing the prep in the morning and placing in the fridge may improve the taste.

EVENING BEFORE YOUR PROCEDURE:

1. At 4:00pm take 2 Simethicone Soft-Gel Tablets and then begin your prep.
2. Drink GoLYTELY®/TriLYTE®, 1-2 glasses every 10-20 minutes until half of the prep is gone.
3. Continue clear liquid diet the remainder of the day/night.

DAY OF YOUR PROCEDURE:

1. 6 hours prior to your arrival time, take 2 Simethicone Soft-Gel Tablets and begin the second portion of your prep.
2. Drink 1-2 glasses every 10-20 minutes until the prep is completed.
3. Continue Clear Liquids
4. **4 hours prior to your arrival time, you can not have anything to eat/drink.**

Additional instructions

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