

## Colonoscopy-Trilyte, Colyte, Nulytely, Golyte:

### ***\*TRANSPORTATION REQUIRED\****

#### **FIVE DAYS BEFORE EXAM:**

1. Discontinue any Blood Thinners, Anti-inflammatory medications such as Aspirin, Coumadin, Plavix.
2. Discontinue Ibuprofen, Motrin, Advil, Aleve, Celebrex, Mobic, Naproxen or any other anti-arthritis medications. Tylenol (acetaminophen) is okay.
3. Discontinue herbal medications and iron supplements.

#### **ONE DAY BEFORE EXAM:**

1. If on any Blood pressure or heart medications, please take your normal dose today.

2. Discontinue Alcohol one day prior to exam.

3. Drink clear liquids for breakfast, lunch and dinner the entire day. Clear liquids allowed: Gatorade or Powerade, Water, Clear fruit juices, sodas, chicken broth, plain jello, Popsicles. You may have plain black coffee, tea. You may suck on hard candy. No dairy products

**NO SOLID FOODS ALLOWED. NO RED, PURPLE OR GREEN COLORS/DYES.**

4. Prepare *Trilyte* or (*Colyte, Golyte, Nulytely*)

Add tap water to FILL line. Replace cap tightly and mix or shake well until ingredients have dissolved. No other ingredients should be added to the solution. Refrigerate the *trilyte* or (*Colyte, Golyte, Nulytely*) solution until ready to drink. Chilling improves the palatability (store no longer than 48 hours)

5. Begin drinking the solution between 3 p.m. and 6 p.m. Drink 8-oz. Glass every 10 min. It is best to drink the whole glass rapidly, rather than sipping small amounts. Using a straw sometimes help ease the solution down. Continue drinking the solution until the bottle is empty. Bowel movements should begin approximately 1 hour after the first glass and will continue periodically for several hours after you finish drinking the last glass. Then clear liquids till midnight. **\*\*Stools must be watery clear\*\***

6. **\*\*\*NOTHING TO EAT OR DRINK AFTER MIDNIGHT\*\***

#### **DAY OF EXAM:**

1. **\*\*\*\*TRANSPORTATION REQUIRED\*\*\*\***

2. If on any Blood Pressure or Heart Medications, please take your normal dosage early morning, first thing upon waking up-with a sip of water.

3. Appear for your examination at the time given to you by the surgical center. Only if scheduled after 1 p.m., you may have 8oz of clear liquids **NO LATER THAN 7:30 A.M.\*\*\*OTHERWISE NOTHING TO EAT OR DRINK AFTER MIDNIGHT.\*\*\***

4. Should you decide not to follow the above directions fully, the procedure will not be able to be completed. Be prepared to be at the surgical center for 2-3 hrs.

**AFTER THE EXAM:** You will not be allowed to drive after the procedure. You will be drowsy several hours afterward. Our office will call you with a follow-up visit as needed a few days after the test. If a biopsy was taken, it can take up to a week before we receive those results, once we do, we will contact you. This follow-up visit is separate from the procedure and if your insurance requires a co-pay it will be due the day of the visit. Mid-Florida Gastroenterology contact number: (407)-321-4570 or (386)789-5400.