

Colonoscopy Prep: Nulytely, Golytely, Colyte, Trilyte (Split dose prep Dr Singh)

Appointment Date:

Appointment Time:

Location:

- 1. 5 days before the procedure no nuts, seeds or popcorns**
- 2. One day before the procedure: Please take only clear liquid diet. No solid food.**
- 3. Please make sure to disclose all the blood thinner medications like clopidogrel (plavix), aspirin, brillanta, Xarelto(rivaroxaban), coumadin{warfarin}, plavix, lovenox, agrylin, ticlid (ticlopidine), pradexa (dabigatran), effient (prasugrel), aspirin or any over the counter NSAIDS like motrin, ibuprofen to your colorectal surgeon as they need to be stopped few days before the procedure. You may need a clearance by your primary care physician or cardiologist or doctor prescribing these medications before stopping them.**

On day before the procedure

Mix the whole prescription powder/ solution in 4 liters (about 1 gallon) of water. You may add Crystal Light or Kool-Aid to help with the taste. (No red, blue, or purple flavors)

- 4. Dose 1 → At 6PM the night before the colonoscopy -- drink 8 ounce every 15 minutes for the next 3 to 4 hours until you have finished 2 Liters (Half of total solution). Store remaining half in the fridge.**
- 5. Dose 2 → On the morning of day of procedure drink 8 ounces every 15 minutes until you finish the final 2 liter of the prep. Please start at least 4 -5 hours before the procedure scheduled time and finish it within one hour.**

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6. Unless your doctor tells you otherwise, you will usually take your morning medication with a sip of water 3 hours before the procedure schedule time. Diabetic patients will need to adjust their medications as directed.
7. Do not drink or eat anything at least three hours before the procedure.

Clear liquid diet example: Clear liquids include: Water, lemonade/Gatorade, liquid broth/bouillon, popsicles, black coffee, sodas, apple/grape/white cranberry juice, gelatin (not red colored), sorbet.

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 or any solid food.

A FEW POINTS: The better the quality of your preparation, the more likely your physician will be able to see polyps. **Ideally your bowel movement will become yellow or clear liquid after a complete prep.** Side effects of some preps include nausea, vomiting, bloating, thirst, dizziness, and dehydration. If you feel nausea or vomit then take a 30-minute break, rinse your mouth, and then continue drinking your prep, just try your best to drink as much bowel prep as you can tolerate. Be sure to alert your surgeon that you could not tolerate your entire bowel prep. Feeling some abdominal cramping is normal. *An inadequate preparation often results in needing an earlier repeat exam or chance of missing the polyps and a repeat procedure may be required*

Please bring a list of your current medications and correct dosage to your appointment.

NO DRIVING – Because of the sedatives that you will be given you cannot drive for the remainder of the day. You must have someone present to drive you home after the procedure or we may cancel your exam. You will be sedated for your procedure. Please plan to avoid making important decisions for the remainder of the day after your procedure. We cannot be responsible for your valuables. Please leave them at home.