GASTRO HEALTH

YOUR COLONOSCOPY IS SCHEDULED FOR:

Date of Procedure: _____

Gastro Health Physician: _____

Arrival Time: _____

Facility/address: _____

Phone: _____

Registration Assistant: _____

SAME DAY-CLEAR LIQUID
PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY WITH
Golytely, Nulytely, Trilyte or Polyethylene Glycol 3350 (PEG 3350)

PLEASE REVIEW THE INSTRUCTIONS ***AT LEAST 3 DAYS PRIOR*** TO THE PROCEDURE USE THESE PREPARATION INSTRUCTIONS ***AND NOT*** THOSE INCLUDED WITH THE NULYTE-TRILYTE BOX.



It is important that you follow these directions carefully and complete the entire preparation to ensure the most effective cleansing.

- If you are taking any blood thinners **AND** this was **NOT** discussed with your doctor at the time of scheduling the procedure, please call us **BEFORE** starting the preparation. These include, but are not limited to *Aspirin, Coumadin-(Warfarin), Plavix-(Clopidogrel), Xarelto-(Rivaroxaban), Arixtra-(Fondaparinux), Effient-(Prasugrel), Aggrenox-(Aspirin/Dipirydamole), and all NSAIDs (Ibuprofen, Motrin, Aleve, Naproxen, Celebrex, Mobic).*
- **YOU MUST CONTINUE TO TAKE ALL** your other medications every day prior to the colonoscopy AND take them with a small sip of water on the day of your colonoscopy.
- **IF YOU ARE DIABETIC, DO NOT** take your diabetic pills the day of the colonoscopy.
- Please plan to have someone drive you home after the procedure. You will not be allowed to drive yourself home.
- You cannot take an Uber, Lyft or taxi home from your procedure without an adult companion.

SAME DAY PREPARATION INSTRUCTIONS FOR YOUR COLONOSCOPY WITH Golytely, Nulytely, Trilyte or Polyethylene Glycol 3350 (PEG 3350)

3 DAYS BEFORE THE PROCEDURE

STOP eating fruits and vegetables including beans, corn and seeds.

THE DAY PRIOR TO THE PROCEDURE

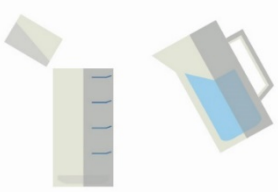
You may not have any solid food. If desired you may have a liquid yogurt only for breakfast before 10 AM, no later. After 10 am you may have only clear liquids. For example: water, coffee, tea, broth, sodas, apple juice, Gatorade, Kool-aid, Jell-O, popsicles, and hard candy.

DO NOT DRINK MILK. DO NOT DRINK LIQUIDS THAT ARE RED OR PURPLE IN COLOR.

THE DAY PRIOR TO THE PROCEDURE

STEP 1:

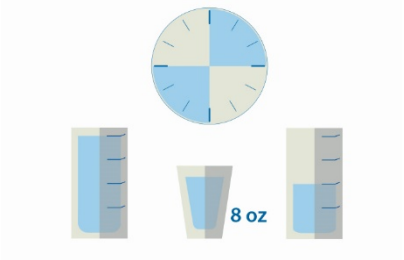
- Prepare the mixture by choosing one of the flavor packets and pouring it into the container.
- Fill the container with lukewarm water up to the "Fill Line" indicated.
- Shake well and place in the refrigerator. **Do not add ice.**



THE DAY OF THE PROCEDURE

Step 2:

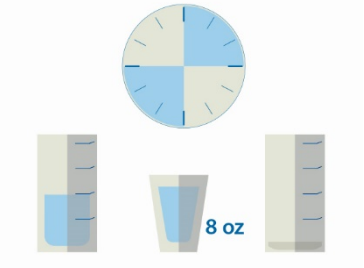
- Starting at _____ **(7 hours before the arrival time)**
- Begin to drink the solution.
- Drink one 8-ounce glass every 10-15 minutes until you complete the **first half** of the container.
- Drink at a pace that is comfortable.



If you feel nauseous or bloated slow down.

Step 3:

- Starting at _____ **(4 hours before the arrival time)**
- Drink the **remaining half** of the container; one 8-ounce glass every 10-15 minutes.
- Drink at a pace that is comfortable.



Finish the entire prep even if stool is clear liquid

YOU MUST COMPLETE STEP 3 AND STOP ALL LIQUIDS BY _____ (At least 2 hours before your Arrival Time)

Please call us if you have any questions or if you are having difficulty with the preparation. We are available 24 hours a day, 7 days a week.