

2-DAY SPLIT DOSE (5L)-COLYTE, TRILYTE, NULYTELY OR GOLYTELY WITH BISACODYL

The following instructions are your physician's specific instructions. Please follow the instructions carefully to ensure a successful prep.

You can reach Your Patient Advisor with non-medical prep questions at: **800.349.0285**.

You can reach your physician's office through United Digestive's Practice Network at **866.468.6242**.

Special Notes: If you are on aspirin, Coumadin (Warfarin), Plavix (clopidogrel), Xarelto (rivaroxaban) Eliquis (apixaban) or other blood thinning medication, follow the instructions provided by your gastroenterologist regarding if/when they should be discontinued before your procedure. If you are unsure, call your gastroenterologist.

PREP WEEK AT A GLANCE

7 days to procedure	<p>Review prep instructions thoroughly and the medication changes/restrictions starting today.</p> <p>Regarding Aspirin: If you are on aspirin due to a heart problem, previous TIA, stroke, heart attack, blood clots (lung of leg), or other vascular problem, do NOT stop aspirin. If you are on aspirin for arthritis or simply as a general recommendation, do STOP it for this procedure. Tylenol and Acetaminophen are okay to take.</p> <p>STOP taking iron supplements and multivitamins with iron, and fish oil.</p> <p>At your pharmacy:</p> <ul style="list-style-type: none">• Fill prescription for two 4L preparations. Do NOT mix containers with water yet.• Buy two generic Bisacodyl tablets (5 mg each tablet). There are several brands of Bisacodyl available. If you are not sure, ask the pharmacist for help.
3 days prior to procedure	<p>Stop anti-inflammatory medications (including those taken for arthritis) such as: Ibuprofen, Advil, Motrin, Aleve, Naprosyn and Relafen.</p> <p>If you take Prednisone, do NOT stop taking it unless otherwise directed.</p> <p>Stop fiber supplements such as Metamucil, Citrucel and Benefiber. Stop eating berries, nuts and seeds.</p> <p>Confirm with driver. No driver = No sedation.</p>
2 days prior to procedure	<p>No solid food. No dairy. No juice with pulp. No alcohol until after the procedure.</p> <p>To stay hydrated, drink at least 8 glasses of clear liquids*, during the day and evening, in addition to the liquid preparation.</p> <p>Prep at a Glance</p> <ul style="list-style-type: none">• 9:00 am, add 2 inches of lukewarm water to the bottom of the 4L preparation container. Mix well, then add cold water to the "fill line" and refrigerate.• 5:00 pm, take 2 Bisacodyl tablets.• 6:00 pm, drink one 8 oz. glass of liquid preparation every 20-30 minutes; you must drink at least 8 glasses (or ½ the jug). Refrigerate the rest of the preparation for tomorrow.
1 day prior to procedure	<p>To stay hydrated, drink at least 8 glasses of clear liquids, during the day and evening, in addition to the liquid preparation.</p> <p>Prep at a Glance</p> <ul style="list-style-type: none">• 3:00 pm, drink one 8 oz glass of liquid preparation from the first container, every 20-30 minutes, until gone.• 6:00 pm, add 2 inches of lukewarm water to the bottom of the second 4L preparation container. Mix well, then add cold water to the "fill line" and refrigerate. <p>If you are on Lovenox injections, stop the injections as directed by your prescribing provider.</p>
Day of procedure	<p>Arrival Time before 11:00 am</p> <p>At 3:00 am drink one 8 oz glass of preparation every 20-30 minutes total of four glasses. Finish no later than 5:00 am.</p> <p>Arrival Time after 11:00 am</p> <p>At 7:00 am, drink one 8 oz glass of preparation every 20-30 minutes total of four glasses. Finish no later than 9:00 am.</p>

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Clear Liquid Diet Details: NO RED or PURPLE, ORANGE, or BLUE. NO DAIRY

Approved

Sodas, coffee, tea, clear juices, fitness waters, Popsicles without pulp, chicken, vegetable, & beef broth, gelatin

Avoid

No milk/dairy
No juices with pulp
NO RED or PURPLE
NO ORANGE or BLUE



Prep Day: Two (2) days before your procedure

Step
1

9:00 AM Two (2) days before your procedure:

Add 2 inches of lukewarm water to the bottom of the 4L preparation container. Mix well, then add cold water to the “fill line” and refrigerate.



Step
2

12:00 PM Two (2) days before your procedure:

Take 2 Bisacodyl tablets.



Step
3

6:00 PM Two (2) days before your procedure:

Drink one 8 oz glass of liquid preparation every 20-30 minutes; you must drink at least 8 glasses (or ½ the jug). If you get nauseated, stop for 1 hour, walk around, then start again at a slower pace.

Refrigerate the rest of the preparation for tomorrow.



Prep Day: The day before your procedure

Step
1

3:00 PM the day prior to your procedure:

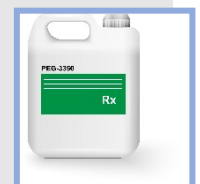
Drink one 8 oz glass of liquid preparation from the first container, every 20-30 minutes, until it is completely gone. If you get nauseated, stop for 1 hour, walk around, then start again at a slower pace.



Step
2

6:00 PM the day prior to your procedure:

Add 2 inches of lukewarm water to the bottom of the second 4L preparation container. Mix well, then add cold water to the “fill line” and refrigerate.



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Prep Day: The day of your procedure

Step
1

Arrival Time before 11:00 am

At 3:00 am drink one 8 oz glass of preparation every 20-30 minutes total of **four** glasses. Finish no later than 5:00 am.

Arrival Time after 11:00 am

At 7:00 am, drink one 8 oz glass of preparation every 20-30 minutes total of **four** glasses. Finish no later than 9:00 am.



You may drink clear liquids **until four hours** before your appointment, then **STOP**.

Day of Procedure:

Medication Instructions

MEDICATIONS TO STOP:

- Do **NOT** take any diabetes medication after midnight the day of your exam.

MEDICATIONS TO TAKE: (with a sip of water)

- **Do take** prescription blood pressure, heart, lung, seizure, (narcotic) pain, and psychiatric medications.

On Your Procedure Day

- You must bring a driver at least 18 years of age with you to your procedure. Your companion should remain in the Endoscopy Center lobby throughout your procedure and recovery.
- Plan to be at GA Endoscopy Center 2-2 ½ hours, at the hospital Endoscopy Center 3-6 hours. Actual procedure time is much less than that.
- Your judgement and reflexes may be impaired due to the sedatives you will receive. You will not be able to drive, operate machinery, sign legal documents, drink alcoholic beverages or go to work until the following day.
- If you take prescription blood pressure, heart, lung, seizure, (narcotic) pain or psychiatric medication daily, please take your daily does(s) as prescribed with a sip of water, including your procedure day.
- Resume eating and drinking according to your discharge instructions given to you the day of your exam.
- We discourage going “out” to eat at a restaurant after your procedure; plan your first meal at home.

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Additional Information

- Please refrain from smoking on the day of your procedure to comply with anesthesia requirements. If you are a smoker, it is important that you avoid smoking before your procedure.
- **Your prep is the key to a successful procedure.** The colon must be completely clean of waste material prior to your procedure. Follow these preparation instructions very carefully, as any remaining stool can obscure visualization of the lining of the colon, which will interfere with our ability to provide you with a complete examination and could necessitate rescheduling of the procedure.
- MiraLAX is a type of PEG 3350 oral solution. Although instructions may be included with the container, **MIX** the preparation according to these instructions.
- Please let us know if you could be pregnant. If you arrive for your procedure possibly pregnant, your procedure may be rescheduled.
- Please let us know if you have had a recent hospitalization or major health event (since we last saw you or since we completed your pre-procedure questionnaire by phone).

If you have any questions or concerns about the preparation, please contact Your Patient Advisor by calling 800.349.0285 or emailing support@yourpatientadvisor.com.

It is important to leave your name for your Patient Advisor and verify your call back phone number if prompted. Your Patient Advisor will return your call as soon as possible.

Taking Your Bowel Prep

- Bowel cleansing may cause some people to get lightheaded, **so move about carefully** after you've started taking the preparation. Colonoscopy preparations may lead to fluid or electrolyte imbalance which can cause dizziness and/or passing out. It may very rarely cause a potentially life-threatening sodium or magnesium imbalance. It is **very important** to drink clear liquids as instructed to stay hydrated.
- The colon must be thoroughly cleansed prior to your procedure. Bowel movements will be different for everyone but will eventually become watery. Some people have diarrhea soon after taking the Bisacodyl tablets and some people don't have diarrhea until they start drinking the liquid preparation later in the day. Some amount of yellow/green liquid and brown bits is normal.
- Flushable wet wipes instead of toilet paper may make you more comfortable.
- It is normal to feel chilled while drinking the preparations. A warm shower or warm clothing may make you more comfortable.
- If you become nauseated while drinking the liquid preparation, stop for 1 hour, walk around, and then start drinking again at a slower pace. Drink the full amount directed, even if it takes longer to drink it.
- Drinking the liquid from a straw, or while intermittently licking a popsicle, may help you get it down easier.
- If you are unable to drink the prep or have not had good results, please contact our office/answering service at 360.413.8250 after 6:30 am.

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Bowel Prep Frequently Asked Questions

What is a clear stool?

A clear stool can have a slight tint of yellow or brown. It will be completely transparent and will not contain any solid matter.

I am not having bowel movements, what should I do?

Bowel movements can take up to 5-6 hours after beginning the prep to start. Be patient, continue to drink clear liquids. If you have not had a bowel movement by midnight the night prior to your procedure, you will need to reach the on-call physician for further instructions.

The prep is making me nauseous, what should I do?

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and contact your physician's office during normal business hours or speak to the on-call physician.

What are some high fiber foods I should avoid?

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads and beans and lentils.

What are some good options for low fiber foods?

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour. Chicken, fish, dairy and eggs are also low in fiber and good choices for foods 2-3 days before you begin your prep.

If I eat popcorn or seeds 3 days before my procedure, do I need to reschedule?

You will not need to reschedule your procedure; however, the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact your provider or their medical assistant.

Can I drink ALCOHOL on the liquid diet?

Alcohol is not allowed as part of the liquid diet.

Can I continue to be on the liquid diet after I begin consuming the laxatives?

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 4-6 hours prior to the procedure.

Why do I have to wake up so early for the 2nd dose, can't I take it all the night before? *(Not applicable for same day prep instructions)*

A prep that is taken at two different time periods is called a split-dose prep. This prep protocol has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

If I weigh under 100 pounds, do I need to take all the prep?

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.