

# ***COLYTE / GOLYTELY / NULYTELY / TRILYTE PREPARATION FOR COLONOSCOPY***

***EFFECTS OF BOWEL PREPARATION:*** These solutions will cause you to have repeated loose stools (diarrhea), which is the expected result. These solutions typically work within 30-60 minutes but may take as long as 4 hours to have an effect. During the preparation process, you are advised to have a bathroom nearby.

**One week prior to the procedure:** Please read all instructions carefully. Fill prescription for the solution prescribed.

The day prior to your colonoscopy you may have clear liquids all day.

It is important that you drink plenty of fluids so you do not become dehydrated as a result of the prep.

Example of clear liquids: Water, Jell-O, Coffee, **Soda**, Gatorade, Tea, Popsicles, Clear broth & bouillon

**Do not drink anything that is Red or Purple in color.**

**Preparing the solution (the solution should be prepared early morning on the day prior to the procedure):**

The solution may include one or more flavor packets. You may choose one flavor packet to add to the solution.

Adding the flavor packet is not required but may help improve the taste. Refrigerating the solution prior to drinking it helps make it more tolerable.

## **To prepare without a flavor packet:**

- Add lukewarm tap water to FILL line on bottle.
- Shake the container well to dissolve the powdered solution.
- Refrigerate the solution when finished mixing

## **If adding a flavor packet:**

- To add a flavor packet, tear open one flavor pack at the indicated marking and pour contents into the bottle BEFORE adding water. Discard unused packs. No additional flavoring (i.e. Crystal Light) should be added to the solution.
- SHAKE WELL to mix flavoring and powdered laxative.
- Add lukewarm tap water to FILL line on bottle.
- Shake the container well to dissolve the powdered solution.
- Refrigerate the solution when finished mixing

## **Please follow these instructions carefully to obtain the best result for the procedure**

**Between 4pm and 6pm the evening prior** begin drinking one 8oz. glass of the solution, every 10-15 minutes. Once the stool is **clear and free of solid matter** you may stop drinking the solution. This usually requires at least 3 liters and it is best to drink all of the solution. It is very important to continue drinking the solution until the watery stool is **clear and free of solid matter**. You may continue on clear liquids until 3 hour prior to your arrival time.

Rapid drinking of each portion is preferred rather than drinking small amounts continuously. The first bowel movement should occur approximately one hour after the start of the solution. You may experience some abdominal bloating and distention before the bowels start to move. If severe discomfort or distention occurs, stop drinking temporarily or drink each portion at longer intervals until these symptoms disappear. Any unused portion should be discarded.