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**COLONOSCOPY PREP INSTRUCTIONS- Trilyte, Golyte, Nulytely**  
**281-481-9400**

**ONCE WEEK BEFORE PROCEDURE:**

1. Do not take aspirin, anti-inflammatory medication, blood thinners, or iron supplements unless otherwise instructed by physician.
2. Take prescription to the pharmacy and have it filled. **DO NOT MIX PREP SOLUTION.**

**DAY BEFORE PROCEDURE:**

1. Mix prep solution, as directed early in the day and refrigerate. If using Nulytely, choose only one of the flavor packets and mix as directed.
2. Stay on clear liquid Diet **ALL** day (see back for details-**NO RED LIQUIDS**).
3. Take 2 Ducolox (Bisacodyl) tablets by mouth at 9:00 A.M.
4. Begin drinking solution at 3:00 O.M drink 8 oz. every 10-15 minutes until all gone. You may experience some nausea, cramps, or vomiting. If these symptoms are severe, wait 30 minutes, and then resume the prep. If symptoms persist, take 1 phenergan (Promethazine) 25 mg tablet, then resume the prep. You may take another Phenergan (Promethazine) tablet if nausea continues. If you experience a "chill" from the cold solution, "tumble" a blanket in the clothes dryer and wrap yourself in that warm blanket to prevent the chilling effect. Keep well hydrated. The prep will dehydrate you. Drink plenty of clear fluids during the day.
5. **NOTHING TO EAT OR DRINK AFTER MIDNIGHT, UNTIL AFTER THE PROCEDURE.**

**DAY OF PROCEDURE:**

- You may take important medicines, like heart medicines, blood pressure medicine, etc. with a small sip of water.
- **FOR DIABETIC ONLY:** Reduce your insulin dose by ½ the day before, and do not take Insulin the morning of the procedure until after you eat. For any questions, call your Family doctor.
- You will be sedated. You **MUST** have someone drive you home. You should also have someone with you for 4-6 hours after you are home. Family members or driver will need to stay at the clinic until you are discharged.