

Prep Instructions for Colonoscopy Nulytely / Trilyte

It is very important that your scheduled procedure time not be changed unless there is an emergency.

Procedure Date: _____

Arrival Time: _____

Location: Metro Atlanta Endoscopy Center Saint Joseph's Hospital

- **Stop taking: Motrin, Ibuprofen, Advil, Aleve or similar products 7 days prior to procedure, unless otherwise instructed. For aches or pains use Tylenol.**
- **If you are taking blood thinners or Aspirin, they may need to be stopped prior to the procedure. Please discuss this with your physician.**
- **All other prescription medication should be continued, unless directed by your physician.**

ON THE DAY PRIOR TO YOUR PROCEDURE (___ / ___ / ___)

Step 1 No food 24 hours before your procedure.

You may consume only a clear liquid diet.

Suggestions are: Ocean Spray white cranberry or white grape juice, Gatorade or preferred sport drink, weak tea or coffee (regular or decaf), lemonade, limeade, (sugar and salt) fat-free beef or chicken broth, water, Jello, or ice pops (**not red**).

Avoid liquids that are not clear. Alcohol is not permitted.

Step 2 Begin drinking the prep solution between 4-6:00 pm

- Drink 1 glass (8oz) of Nulytely/Trilyte solution every 15 minutes. If you feel full or nauseated, take a break for ½ hour, and then resume. You are not required to drink the entire gallon, but it is important you try to drink ¾ of the gallon within a 4 hour time limit.
- If you are unable to complete ½ half a gallon or your stool is still solid-brown color at 10pm, you may drink 1 bottle (300cc) of Magnesium Citrate (this can be purchased over the counter).
- Do not drink any other clear liquids while drinking the prep solution. (You may drink it over ice if you prefer.) If it is not flavored, you may add sugar-free Crystal Light®

Step 3 You may go back to the clear liquid of your choice after finishing the prep.

ON THE DAY OF YOUR PROCEDURE (___ / ___ / ___)

Stop all clear liquids 4 hours prior to procedure time.

Important Final Instructions:

- You must have a driver to drive you home after the procedure due to the IV medication. We can only discharge you into the care of a person known to you. **We will not discharge you to a taxi or other driving service.**