

Prep Instructions for Colonoscopy CoLyte / Nulyte / Trilyte

Stop taking: Aspirin, products, Motrin, Ibuprofen, and Advil 7-10 days prior to procedure. Use Tylenol only. **Any blood thinners and Aspirin should be discontinued 3-4 days prior to the procedure if you have discussed this with the physician.**

Discuss all prescription medication you are on with the physician or his/her nurse.

Procedure Date: _____ Arrival Time: _____ Procedure Time _____

Location: Metro Atlanta Endoscopy Center Saint Joseph's Hospital

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: White cranberry or white grape juice, 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 red or not clear. Alcohol is not permitted.

Step 2 Begin drinking the prep solution between 4pm and 7pm

Drink Nulyte/Colyte/Trilyte at own rate; stop when you feel full, nauseated or after 4 hours. (You are not required to drink the entire gallon.) **It is important you drink as much as possible. If you are unable to complete nearly ½ half a gallon or more please call the our office.**

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 solution.

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

You may have clear liquids only up to 2 hours prior to your 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.**