

Prep Instructions for Colonoscopy Nulytely / Trilyte – Split Dose

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 Low residue/fiber diet for breakfast.

Suggestions are: Eggs, white bread/toast, low fiber cereal.

Step 2 Clear liquid diet for lunch and dinner.

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

Step 3 Begin drinking the prep solution between 4-6:00 pm

Drink 1 glass (8oz) of Nulytely/Trilyte solution every 15 minutes. Drink **ONE-HALF** of the gallon (2 Liters) over the next 2-4 hours. Refrigerate the remainder of the prep.

If you feel full or nauseated, take a break for ½ hour, and then resume. Do not drink any other clear liquids while drinking the prep solution. You may drink it over ice if you prefer. If it does not come with flavor packets, you may add Crystal Light® Lemonade.

Step 4 You may go back to clear liquids after finishing this portion of the prep.

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

- **Wake up at least 4 hours** prior to your procedure time.
- Drink an additional **ONE-QUARTER** of the gallon (1 Liter), as directed in Step 3 above, over 1-2 hours.
- You must **STOP** the prep and all clear liquids at least **2 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.**