

ONE DAY

NuLYTELY/ TriLyte/GoLYTELY Preparation for Colonoscopy

Your Colonoscopy has been scheduled for _____, please proceed to the:

_____ Mirage Endoscopy Center

_____ Dolores Hope Building, First Floor Registration

The day before procedure-

*** You have been given a prescription OR a prescription has been called in to your pharmacy for NuLYTELY/TriLyte/GoLYTELY gallon laxative and four Dulcolax Laxative tablets. *We recommend that you obtain either a tube of Destin ointment or A&D ointment that you may use to help with the irritation and or tenderness you may experience with having multiple bowel movements.* ***

- 1) In the morning prepare your NuLYTELY/TriLyte/GoLYTELY solution according to the instructions on the package and refrigerate.
- 2) Have clear liquids for breakfast, lunch and dinner. *** IT IS IMPORTANT THAT YOU DRINK WATER ALL DAY TO MAINTAIN HYDRATION. *****
- 3) 3:00-4:00p.m. swallow all four Dulcolax tablets with water.
- 4) 5:00-6:00p.m. begin drinking your NuLYTELY/TriLyte/GoLYTELY solution, one 8-ounce glass every 20-30 minutes until you have consumed eight glasses. AT THIS TIME WAIT APPROXIMATELY ONE (1) HOUR. IF YOUR BOWEL MOVEMENTS ARE CLEAR, MEANING NO FECAL MATTER, YOU MAY STOP USING THE SOLUTION. THE CONTAINER WILL ONLY BE HALF FULL; YOU MAY DISCARD THE REMAINDER OF THE SOLUTION. ***HOWEVER, IF YOU NOTICED THAT YOUR BOWEL MOVEMENTS ARE NOT COMPLETELY CLEARED YOU MUST CONTINUE TO DRINK THE SOLUTION UNTIL THEY ARE CLEAR. YOU WILL HAVE A YELLOWISH DISCHARGE. *****
- 5) A watery bowel movement should occur in approximately one (1) hour after drinking the solution. You may experience some abdominal bloating, distention, and/or nausea before bowels start to move.
- 6) You may continue with your clear liquid diet until midnight.

The day of the procedure:

- 1) A friend or relative must accompany you to drive and/or assist you home.
- 2) Please have nothing by mouth after midnight, unless your procedure is late in the day, you may continue with clear liquids until _____.