

### **Split Dose.**

#### 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 (4) four Dulcolax tablets with water. The first bowel movement should occur in approximately 1-6 hours after this.
- 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. THE CONTAINER WILL ONLY BE HALF FULL; PLEASE REFRIGERATE THE REST OF THE SOLUTION FOR THE MORNING OF PROCEDURE.
- 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.

#### The morning of the procedure:

- 1) Four (4) hours prior to your procedure you will drink the remainder of the solution, one 8-ounce every 20-30 minutes until you have consumed the remainder of the solution.
- 2) You may continue with clear liquids up until 2 hours prior to your procedure \_\_\_\_\_.
- 3) A friend or relative must accompany you to drive and/or assist you home.