

Nulytely/ TriLyte/CoLyte 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/CoLyte 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 NuLyte/TriLyte/CoLyte 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) At 10:00 a.m. swallow all four Dulcolax tablets with water. The first bowel movement should occur in approximately 1-6 hours after this.
- 4) At 2:00 p.m. begin drinking your NuLyte/TriLyte/CoLyte solution, one 8-ounce glass every 20-30 minutes until you have consumed the entire container.
- 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 later in the morning, you may continue with clear liquids until _____.