



# How to Prepare for Your Colonoscopy Using GoLYTELY<sup>®</sup>, NuLYTELY<sup>®</sup>, TriLYTE<sup>®</sup>, or CoLYTE<sup>®</sup>

***IMPORTANT - Please read these instructions at least 2 weeks before your appointment. Only follow these instructions if you have received them from your physician or the Loyola GI Lab.***

## **PLEASE TRY TO KEEP YOUR SCHEDULED APPOINTMENT**

If you must cancel or reschedule your appointment, please call **708-216-0464** with at least SEVEN DAYS notice so another patient can be offered the time slot.

Your bowel must be empty so that your doctor can clearly view your colon. Follow all of the instructions in this handout EXACTLY as they are written. If you do NOT follow the directions for drinking the bowel preparation, your colonoscopy WILL be cancelled.

### **Key instructions:**

- Buy your bowel preparation at least 7 days before your colonoscopy.
- Do NOT mix the solution until the day before your colonoscopy.
- **Do NOT eat any solid food the ENTIRE day before your colonoscopy.**
- Because of the sedation you will receive, you will need to have an adult you know (18 years or older) come with you to your visit and take you home. This is hospital policy and cannot be changed by your physician. If you do not have an adult driver come with you to your visit, your appointment will be canceled.

## **PREPARING FOR YOUR COLONOSCOPY**

### **Medications**

Some of the medicines you take may need to be stopped or adjusted before your colonoscopy.

- Blood thinners such as warfarin (Coumadin), clopidogrel (Plavix), enoxaparin (Lovenox), ticagrelor (Brilinta), ticlopidine (Ticlid), anagrelide (Agrylin), rivaroxaban (Xarelto), dabigatran (Pradaxa), and prasugrel (Effient). You MUST call **708-216-0464** at least 2 weeks before your colonoscopy for medication orders.
- You may continue to take aspirin or non-steroidal anti-inflammatory medications, such as Aleve, Motrin, Advil, Ibuprofen, Vioxx or Celebrex.
- Insulin or diabetes pills: You MUST call the doctor that monitors your blood sugar levels for instructions on managing these medications. Your medicine dose may need to be adjusted because of the diet restrictions required for the colonoscopy.
- Take all other medications ordered by your doctor. On the day of your colonoscopy, take your medications with a sip of water.
- Bring a list of all your medications with you on the day of your colonoscopy.

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## 7 days before your procedure

- Buy your ordered bowel preparation at your local pharmacy. You should get:
  - 4 Liters of either Trilyte<sup>®</sup>, Colyte<sup>®</sup>, Nulytely<sup>®</sup> or Golytely<sup>®</sup>
- Make sure that you have a ride. **You will need to have an adult you know (18 years or older) come with you to your visit and take you home. YOU CANNOT DRIVE, TAKE A TAXI, BUS, MEDI-CAR, OR ANY FORM OF PUBLIC TRANSPORTATION.**
- If you have an Automatic Implanted Cardiac Defibrillator (AICD) or Pacemaker, get your information card from your doctor. You will need to bring it with you on the day of your appointment.
- STOP taking medicines that stop diarrhea - such as Imodium, Kaopectate, or Pepto Bismol.
- STOP taking fiber supplements - such as Metamucil, Citrucel, or Perdiem.
- STOP taking Iron pills or multi-vitamins that contain Iron
- STOP eating:
  - Corn
  - Nuts
  - Seeds (flax, sunflower, quinoa)
  - Popcorn
  - Multi-grain bread
  - Salad/raw vegetables
- Call **708-216-0464** if you are unable to keep your appointment and need to reschedule.

## The day before your procedure

- **Only drink clear liquids the ENTIRE DAY before your colonoscopy. Do NOT eat any solid foods.**
- You will need to be on a clear liquid diet. This means you can only eat or drink the following:
  - Water
  - Lemonade
  - Clear beef broth and/or clear chicken broth
  - Clear fruit juices (apple, white cranberry, white grape)
  - Coffee or tea (iced or hot) sweetener only. **NO CREAMER OR MILK**
  - Clear carbonated beverages such as Ginger Ale or lemon-lime soda
  - Gatorade or other sports drinks (NOT red/purple)
  - Kool-Aid or other flavored drinks (NOT red/purple)
  - Yellow popsicles made with water
- You can eat yellow Jell-O (No other colors). Stop eating Jell-O once you start drinking the colon prep.
- If you take Carafate or other antacids (Tums, Mylanta), do not take after midnight.
- Do NOT drink alcohol on the day before the colonoscopy or the day of the colonoscopy.

## When to mix and start your colon prep

- Follow the instructions on the label for mixing the Trilyte<sup>®</sup>, Colyte<sup>®</sup>, Nulytely<sup>®</sup> or Golytely<sup>®</sup>.
- After mixing, place the solution in the refrigerator for a couple of hours before drinking. You can add the flavor packet that came with the colon prep.

- Do NOT add ice, sugar, or other flavorings to the solution.
- Aside from the prep solution and sips of water with medications, **do NOT eat or drink ANYTHING** the day of your procedure

### If your colonoscopy is scheduled in the morning

- **Between 7:00-8:30PM THE NIGHT BEFORE YOUR EXAM;** take ½ of the Trilyte<sup>®</sup>, Colyte<sup>®</sup>, Nulytely<sup>®</sup> or Golytely<sup>®</sup> solution. Continue taking clear liquids up until midnight.
- **Between 3:30-5:00AM THE MORNING OF YOUR EXAM;** take the remaining ½ of Trilyte<sup>®</sup>, Colyte<sup>®</sup>, Nulytely<sup>®</sup> or Golytely<sup>®</sup> solution. Do not have anything to eat or drink after the prep.

### If your colonoscopy is scheduled in the afternoon

- **Between 7:00-8:30PM THE NIGHT BEFORE YOUR EXAM;** take ½ of the Trilyte<sup>®</sup>, Colyte<sup>®</sup>, Nulytely<sup>®</sup> or Golytely<sup>®</sup> solution. Continue taking clear liquids up until midnight.
- **Between 5:00-6:30AM THE MORNING OF YOUR EXAM;** take the remaining ½ of Trilyte<sup>®</sup>, Colyte<sup>®</sup>, Nulytely<sup>®</sup> or Golytely<sup>®</sup> solution. Do not have anything to eat or drink after the prep.

### The day of your procedure

- You should arrive at the GI Lab at least **45 minutes** before your scheduled procedure time.
- **You will need to have an adult you know (18 years or older) come with you to your visit and take you home. YOU CANNOT DRIVE, TAKE A TAXI, BUS, MEDI-CAR, OR ANY FORM OF PUBLIC TRANSPORTATION.**
- If you have an Automatic Implanted Cardiac Defibrillator (AICD) or Pacemaker, bring your information card with you.
- Bring a list of all your medications with you.
- **PLEASE DO NOT BRING ANY VALUABLES WITH YOU ON THE DAY OF YOUR APPOINTMENT. REMOVE ALL JEWELRY AND LEAVE IT AT HOME.**

### Questions

If you have any questions about how to take your bowel preparation, please call:

- During normal business hours: **708-216-0464**
- After-hours: Physician Answering Service **708-216-8000**, and ask for the GI Fellow On Call

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This information is intended for distribution to individual patients of the Loyola University Health System. It is not intended for general use by the public and should not be used for diagnosing or treating a health problem or disease without consultation of a qualified health care professional.

For more information on health topics and Loyola University Health System services please see our website at [www.loyolamedicine.org](http://www.loyolamedicine.org)

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