

Pre-Procedure Patient Instructions

CoLyte-NuLyte-TriLyte Prep

You have received a prescription for CoLyte, NuLyte or TriLyte laxative. Have your prescription filled at a pharmacy. You should also buy 4 Dulcolax Laxative Tablets (bisacodyl) at the pharmacy (this is an over-the-counter medication). You must complete the entire prep to ensure the most effective cleansing. If waste is left in the colon, the physician cannot see the colon properly. This could lead to a longer and potentially inaccurate exam, which may necessitate a second exam.

On the day before your procedure, after noon...

- No solid food, clear liquids ONLY.
- DO NOT drink milk.
- DO NOT eat or drink anything colored red or purple.
- DO NOT drink alcoholic beverages.

If you have any questions about whether a particular drink is acceptable, ask your doctor or download our [Clear Liquid Diet pdf](#).

- 1** The day prior to the examination, mix CoLyte-NuLyte-TriLyte with one gallon of tap water and refrigerate. Do not add flavoring to the CoLyte-NuLyte-TriLyte other than the flavoring packet that comes with the prescription.
- 2** At 2:00 p.m., you should start to drink the CoLyte-NuLyte-TriLyte; an 8 ounce glass every 20 minutes until completed (approximately 5 hours).
- 3** You are to have nothing to eat or drink (including gum and breath mints) after 12 Midnight except for medications with a sip of water.
- 4** Please take your heart and/or blood pressure medications with a sip of water 4 hours prior to the procedure. Talk to your doctor about discontinuation of blood thinners.

Important Notes:

REMEMBER: DO NOT eat food or drink milk on the day of the prep (drink clear liquids only). If you have questions about using the CoLyte-NuLyte-TriLyte bowel prep, be sure to ask your physician.

Colonoscopy prep causes the body to lose a significant amount of fluid and can result in sickness due to dehydration. It's important that you prepare your body by drinking extra clear liquids before the prep. Stay hydrated by drinking all required clear liquids during the prep. Replenish your system by drinking clear liquids after returning home from your colonoscopy.

Do not take oral diabetes medication the morning of the examination. If you are diabetic taking insulin, you are instructed to contact the prescribing physician for necessary insulin dosage adjustments.