

TRILYTE/COLYTE/NULYTELY/GOLYTELY/GAVILYTE PREP INSTRUCTIONS

One Week before: You should already have discontinued Phentermine

ONE WEEK BEFORE

IF YOU TAKE ONE OF THESE: Dulaglutide (Trulicity) (weekly); Exenatide extended release (Bydureon bcise) (weekly); Exenatide (Byetta) (twice daily); Semaglutide (Ozempic) (weekly); Liraglutide (Victoza, Saxenda) (daily); Lixisenatide (Adlyxin) (daily); Semaglutide (Rybelsus) (taken by mouth once daily); Wegovy (Semaglutide); Mounjaro (tirzepatide) Zepbound (tirzepatide) **You must hold this medication for a week (7days) prior to your procedure.**

Five Days before: Iron, vitamins, and herbal supplements should be discontinued unless otherwise directed by your physician

Three Days before: Please avoid raw vegetables, fiber supplements, nuts and seeds

Please contact our office if you are on Coumadin and do not have specific directions for stopping this medication before your procedure

SUPPLIES NEEDED:

Prescription for gallon prep
3 Dulcolax tablets (over the counter at drug store)
1 Disposable plain Fleet Enema (over the counter,
NO mineral oil enemas)
Simethicone tablets (1-2 depending on brand) to total 250 to 360 mg (You may purchase Gas-X, Mylicon, Phazyme or generic Simethicone in the anti-gas area of your pharmacy)

DAY BEFORE PROCEDURE:

1. **7:00 a.m.:** Please observe the “Clear Liquid Diet” on the back of this page. **NO SOLID FOODS ALLOWED until your procedure is over.**
2. Mix the “Trilyte/Colyte/Nulytely/Golytely” powder with one gallon of water and refrigerate until ready to drink.
3. **3:00 p.m.:** Take 3 Dulcolax tablets with an 8 oz. glass of water.
4. **6:00 p.m.:** Start drinking the first half of your gallon solution, drinking one 8 oz. glass every 15-20 minutes. For a total of 4 glasses.
5. If you have any nausea, you may stop drinking for 30 minutes, then restart the prep and continue until gallon is empty.
6. Please continue the clear liquid diet, having at least 32 ounces throughout the preparation time until midnight or bedtime.

DAY OF PROCEDURE:

1. **6 Hours before your procedure:** Begin drinking the second half of your prep, drinking one 8 oz. glass every 15-20 minutes. After completing the prep mixture drink 2- 8 ounce glasses of liquids. You may continue clear liquids up until 4 hours prior to your procedure
2. **4 HOURS PRIOR TO YOUR SCHEDULED ARRIVAL TIME:**
3. -Take the Simethicone tablets (1-2 to equal 250 mg.) and all of your regular medications at this time with enough water to safely swallow your pills.

4. -If your bowel movements are not clear, please use the Fleet enema to rinse out any remaining stool
5. -Report to the facility for your procedure at your scheduled arrival time.

DIABETIC PATIENTS:

- Patients on Lantus or Levemir remain on your normal dose throughout prep and procedure.
- Patients on NPH and regular insulin should remain on regular dose on the day before (prep day), but reduce their usual dose by 20% the morning of the procedure.
- Patients on oral diabetic medications DO NOT TAKE oral diabetic medications on the day of your procedure.
- If you have an insulin pump or have any other questions about your diabetic medications, please call your primary care physician or your endocrinologist.

CLEAR LIQUID DIET: FOLLOW THIS DIET THE WHOLE DAY BEFORE YOUR PROCEDURE

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed.

DRINKS ALLOWED

Water/Flavored Water
Tea (decaffeinated or regular)
Coffee, Fruit flavored drinks
Carbonated beverages like Coke & Pepsi

Strained fruit juices; apple,
White grape, orange white cranberry, lemonade
Iced tea, Gatorade

Clear broth, consommé or
Bouillion (chicken, beef or vegetable)
Jello, Popsicles (Ice)

Sugar, Honey, Syrup or sugar substitute,
Clear hard candy, salt

NOT ALLOWED

(NO RED, PURPLE OR BLUE JELLO OR POPSICLES)

NO MILK OR DAIRY PRODUCTS

(NO NON-DAIRY CREAMER FOR COFFEE OR TEA)

**YOU MAY HAVE NOTHING BY MOUTH FOR TWO (2) HOURS PRIOR TO
YOUR PROCEDURE**