

2 DAY TRILYTE/COLYTE/NULYTELY/GOLYTELY/GAVILYTE PREP INSTRUCTIONS

ONE WEEK BEFORE

You should already have discontinued Phentermine

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
5 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)

2 DAYS BEFORE PROCEDURE:

1. You may have a normal breakfast.
2. Start a full liquid diet after breakfast.
3. To prevent irritation, generously apply either Vaseline or Destin ointment to the peri-anal area.
4. 3:00 p.m.: Take 1 Dulcolax tablet with an 8 oz. glass of water.
5. 6:00 p.m.: Take the other Dulcolax tablet with another 8 oz. glass of water.
6. Remain on Full Liquid Diet until 7:00 a.m. tomorrow when clear liquid diet begins.

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:

Stop using any medical marijuana products including CBD oils and other products.

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.

NO LIQUIDS 2 HOURS BEFORE ARRIVAL

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.

FULL LIQUID DIET

This diet is to be used in conjunction with a two-day preparation for colonoscopy or other procedures or as directed by your provider. This diet is inadequate in all essential nutrients, but does provide more substance than the clear liquid diet used for the day before procedures. It is not recommended for regular use but for temporary use during preparations.

FOLLOW THIS DIET TWO DAYS BEFORE YOUR PROCEDURE **FOODS ALLOWED**

Milk and Milk products

Milk (including buttermilk, soy milk, rice milk, almond milk, and cow's milk)

Milkshakes, pasteurized eggnog, smooth ice cream,
frozen yogurt, custard, yogurt without fruit pieces and pudding

Juices

All fruit juices, nectar juices, orange juices with
pulp and vegetable juices, including V8 and tomato juice

Other Beverages

Coffee, Tea, flavored water,
sodas, carbonated flavored water

Grains

Cooked, refined cereals limited
to Cream of Wheat, Farina, and Cream of Rice

Fats and Oils

Butter, margarine, cream and oils

Sweets and Desserts

Sherbet, sugar, sugar substitutes, hard candy, plain gelatin (Jello),
fruit ices without added fruit pieces,
popsicles, honey and syrups

Soups

All flavors of broth and bouillon,
smooth tomato soup (no chunks of tomatoes) and strained creamed soups

NOT ALLOWED

No Meats, breads or other solid foods

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 ARRIVAL TIME**