

**PM Bowel Preparation with 4 Liter Glycol/Electrolyte****Brand Name: TriLyte, Nulytely, Golytely**

- **You must be accompanied by a friend or relative to drive and assist you home. We WILL NOT discharge you** to a cab, bus or other transportation service **without** a responsible party with you. You may not drive until the day after your procedure.

**Special Instructions Regarding Medications**

- If you are on an **anticoagulant/blood thinner** our nurse will contact you with instructions after contacting your prescribing physician. If you have not heard from the nurse 1 week prior to your procedure please contact our office.
- **Do Not** take **Iron supplements** for **one week prior** to the procedure date. Multivitamins are OK.
- **Diabetic patients:** \_\_\_\_\_
- **Do Not** take **Water Pill/Diuretic** (Lasix (furosemide), HCTZ (Hydrochlorothiazide), Dyazide, Diovan HCT, Spironolactone), on the day of the procedure
- **Heart/Blood Pressure/ Thyroid/Seizure/Anxiety Medications** can be taken **on the day of the procedure** with a sip of water.
- **Stop Effexor one day before** the procedure (if applicable)
- **Asthmatic patients** should bring their **INHALERS** with them on the day of the procedure

**THE DAY BEFORE YOUR PROCEDURE**

**IMPORTANT NOTE: follow the instructions below, NOT the instructions on the prep's packaging**

- **You May Eat a light breakfast until 11:00 am**  
(ex: scrambled eggs, plain white toast, orange juice, NO whole grains, cereals, oatmeal, etc.)  
**YOU MAY NOT HAVE ANY SOLID FOOD AFTER 11:00 AM ONLY CLEAR LIQUIDS**
- Take all of your normal prescription medications, **unless advised otherwise.**
- Prepare your **NuLyte** solution in the morning with lukewarm water to the designated line and add a flavor packet. **Shake well and refrigerate.**
- **At 6 pm -** yes  no Take 2 Bisacodyl Laxative tablets with water 2 hours before first dose of prep
- **At 8 pm –** Drink half (32 oz) of the preparation, 8 oz every 10-15 minutes
- It is best to drink each glass rapidly rather than sip it. Drinking the solution through a straw may also improve your tolerance for this bowel prep.

**DAY OF YOUR PROCEDURE**

- **Six (6) hours -** before you plan to leave for the endoscopy center take the second dose of your prep  
*For example, if you plan to leave at 12:00 pm the second half should be taken at 6:00 am*
- **Drink** the second dose of your preparation, 8 oz every 10-15 minutes
- Prep **MUST** be completed 4 hours prior to your arrival time

**CLEAR LIQUIDS ARE ALLOWED UNTIL 4 HOURS BEFORE YOUR ARRIVAL TIME, THEN NOTHING FURTHER TO DRINK**

General or reschedule questions call 610-431-3122