Colyte/Trilyte/Golytely/Nulytely Instructions

You should arrive for your procedure(s) at:

DATE: ____________________
TIME: ________________ Check-in

Your procedure has been scheduled with:

☐ Dr. Son Do
☐ Dr. Samuel Sim
☐ Dr. Charles Hames

Your procedure has been scheduled at:

☐ Advanced Gastroenterology, PLLC
2415 NE 134th Street, Suite 205
Vancouver, WA 98686
360-576-5060

☐ Legacy Salmon Creek Hospital
Special Procedures/Surgery-2nd Floor
2211 NE 139th Street
Vancouver, WA 98686
360-487-1830

☐ PeaceHealth SW Medical Center
Short Stay Unit
400 NE Mother Joseph Place
2nd floor, 5th Street Entrance
Vancouver, WA 98664
360-514-2895

Day Before Colonoscopy: ____________/__________

1. Only Clear Liquids may be taken the day before your exam:
   - You may have sport drinks, clear juices, soup broth, jello, or popsicles.
   - Coffee is okay with NO cream
   - DO NOT drink milk or alcoholic beverages
   - NO RED OR PURPLE LIQUIDS

2. In the morning, add the flavor pack(s) to your solution (not all preps will come with flavor packs). Mix well and refrigerate.

3. At 7 PM on the evening before procedure begin drinking the first ⅔ of the Colyte/TriLyte/GoLytely/NuLytely. Drink 8-8oz cups, one cup every 10 (ten) minutes. It is important you drink ALL the liquid.
   - DO NOT ADD SUGAR OR OTHER SWEETENER. The first few glasses may make you feel full or bloated. Sip slowly. You will begin to pass watery stool within a few hours.

4. Refrigerate the second ⅔ of the Colyte/TriLyte/GoLytely/NuLytely.

Morning of Colonoscopy: ____________/__________

1. At ________ AM, drink the other half of the solution. It is important you drink ALL the liquid.

2. At ________ AM you CANNOT have anything else to drink, NOT EVEN WATER.
IMPORTANT Concern for your safety makes us insist you have someone to drive you home. **If you have not arranged for a driver, the procedure will be postponed.** Your driver will need to come into the Endoscopy Center to pick you up. **Taxi or C-Van is not allowed unless you are escorted by a friend or family member.** You will not be allowed to drive for 24 hours.

**Allowed Medications:**
Medications you take for the following conditions should be continued as usual on the day of the procedure. These should be taken with a small amount of water, **4 hours before your arrival time.**

- Heart Problems
- High blood pressure
- Fluid retention
- Female hormones
- Thyroid disorder
- Depression or anxiety
- Asthma/emphysema
- Stomach ulcer or excess acid
- Seizure disorder

**NOT Allowed Medications:**
- Plavix
- Iron Supplements – Stop 5 days prior to your procedure

**Special Instructions for Coumadin/Diabetic Medications:**

- **Coumadin/Plavix:**
  Your last dose should be taken on ________________.
  At the time of your procedure, your doctor will tell you when to restart the Coumadin/Plavix.

- **Diabetic Pills:**
  Do not take your diabetes pills the day of your procedure. You can take ½ the dose of your diabetes pills the day before the procedure.

- **Insulin:**
  On the day before your test: Take your regular dose in the morning.
  That night, take ½ your regular dose.

On the day of your test: **Do not take any insulin. Make sure to take your blood sugar that morning and report it to the nursing staff as they prepare you for your procedure.**