

## **DIGESTIVE MEDICINE ASSOCIATES, LLP**

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### **GOLYTELY, COLYTE, TRILYTE INSTRUCTIONS FOR COLONOSCOPY**

#### **FIVE (5) DAYS PRIOR TO THE PROCEDURE:**

- If you take medication for Pain & Arthritis, for example: Advil, Motrin, Naproxen, or any other medication containing Aspirin, Omega 3, Fish oil, or Anticoagulants such as: Coumadin, Pradaxa or Plavix, **STOP TAKING** them five (5) days prior to your procedure.

#### **DAY BEFORE PROCEDURE:**

**1. Clear liquids diet ALL day** for breakfast, lunch and dinner. Clear liquids include Apple/Grape Juice, Sprite, Gatorade, Chicken Broth, Jello (no red coloring) & Tea. **NO SOLID FOOD!!!!**

**2. Begin taking the GOLYTELY, COLYTE OR TRILYTE** with flavor packs at 6:00 PM. One glass every 10-15 minutes for about 2-3 hours or until finished. **FILL THE GALON WITH YELLOW OR WHITE GATORADE INSTEAD OF WATER FOR IT TO TASTE BETTER. NOT GREEN OR RED OR ORANGE.**

**3. DO NOT EAT OR DRINK PAST MIDNIGHT BEFORE THE PROCEDURE.**

**4. Do NOT** take medication for Diabetes the night before or morning of the procedure.

**5. If you are on Antihypertensive / Blood Pressure medication, you SHOULD** continue to take them as usual with a sip of water.

#### **DAY OF PROCEDURE:**

**1. DO NOT** EAT OR DRINK ANYTHING THE DAY OF PROCEDURE.

**2. If you are on Antihypertensive / Blood Pressure medication, you SHOULD** continue to take them as usual with a sip of water on the day of the procedure.