

Colyte/NuLyte/Trilyte Split-Dose Prep

Purchase the Following Products:

1. **Colyte, NuLyte or Trilyte (or equivalent)** available from your pharmacy (following mixing instructions provided with product). **Do Not** mix until the day before your procedure.
2. **One (1) MiraLAX 238-gram bottle or generic equivalent** (to be mixed in the clear liquid choice below prior to drinking)
3. **One (1) Gatorade 64-ounce bottle (NOTHING RED, ORANGE OR PURPLE)**. Sugar-free drinks (G2, Powerade Zero, Propel, Crystal Light or water) are also options.

**A RESPONSIBLE DRIVER MUST REMAIN AT THE FACILITY
THROUGHOUT YOUR APPOINTMENT. NO EXCEPTIONS.**

Please read all instructions thoroughly.

****If you are taking a GLP medication for diabetes or weight loss you
must not take the medication 7 days prior to your procedure.****

**** Please do not have nuts, seeds, or corn 3 days before your procedure****

The Day BEFORE Your Exam:

- Prepare the **Colyte, NuLyte or Trilyte** solution; refrigerate it.
- **You will be on a clear liquid diet all day. This includes breakfast, lunch and dinner.**
Clear liquids include water, sports drinks, black coffee, tea, any soda (light or dark), broth, gelatin dessert, ice pops and juice without pulp. **NOTHING RED, ORANGE OR PURPLE.**
- **If you can begin prepping sooner, you may begin at 1PM – 2PM.**
- At **4:30PM**, begin drinking the solution. Drink one (1) glass every 5 to 10 minutes until half of the solution is completed.
- Continue drinking clear liquids for the remainder of the evening.
- If you are not passing clear or yellow-tinted water after drinking your prep, please mix an entire bottle of MiraLAX with Gatorade in a separate container. Drink one (1) 8-ounce cup every 15 minutes, totaling 64 ounces (8 cups) or until you have clear bowel movements.
- A soothing ointment (Desitin, Vaseline) may be applied to the anal area to prevent discomfort and skin breakdown.

Arrive at the Shreveport Endoscopy Center at your scheduled time. It is not necessary to arrive early.
Please call us if you have any questions regarding your preparation.

The Day of Your Exam:

- At **6:30AM**, drink the remaining solution: one (1) glass every 5 to 10 minutes until all of the solution is complete. You must be completed by **9AM**.
- If you smoke, please do not smoke the day of your scheduled procedure.

- **NOTHING BY MOUTH FOR 4 HOURS BEFORE YOU ARRIVE!** (This includes water, gum and mints.) **NOTHING** by mouth; otherwise, your procedure may be canceled due to safety precautions.



Medications:

- Take your regularly scheduled blood pressure, heart and seizure medications with a sip of water at least two (2) hours before you arrive.



Diabetics:

- Test your blood sugar before coming in for your procedure, and bring the reading with you.
- If you take oral medication or insulin, **DO NOT** take it the morning of your procedure.
- Bring your insulin with you.
- Please contact the physician who manages your diabetic care if you have any questions regarding your oral medication or insulin dosages.



Blood Thinners:

- If you are taking blood thinners (such as Coumadin, Warfarin or Plavix), call your prescribing physician, and ask if you may stop taking the medication 3 to 7 days prior to your procedure if you have not received instructions.
- If a biopsy needs to be taken during your procedure and you **HAVE NOT** discontinued for 3 to 7 days, the procedure may have to be repeated.
- You may continue taking aspirin, ibuprofen and other anti-inflammatory medications.



Bring with you:

- **Completed paperwork forms** that were sent to you
- **Photo ID and Insurance Card**
- **List of all medications**, vitamins and supplements you are taking (include dosage, and last date and time each medication was taken before your arrival)
- **Wear a loose-fitting short-sleeve shirt.**

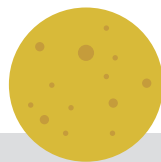
Is Your Bowel Clean?



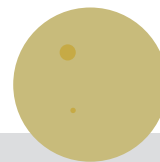
- Semi-solid stool
- Dark & murky



- Liquid stool
- Small amount of feces



- Liquid stool
- Particles present



- Liquid stool
- Particles present
- Almost ready



- Clear liquid
READY



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