

3-DAY NULYTELY/GOLYTELY/GAVILYTE/TRILYTE PROCEDURE PREPARATION

Prescription Required

A colonoscopy is the most accurate examination to detect colon cancer, polyps, and identify other possible conditions that may be causing pain or discomfort. To ensure the best possible colonoscopy results, it is imperative to have a clean colon, free of retained brown stool. **By the end of your bowel prep, stool should be a clear or yellow liquid, and you should be able to see the bottom of your toilet bowl.** Please follow the instructions below carefully. Inadequate bowel prep may result in your procedure being rescheduled.

7 DAYS PRIOR TO YOUR PROCEDURE

Pick up the prescription bowel prep from your **Pharmacy**:

- ☐ NuLYTELY/GoLYTELY/Gavilyte/Trilyte (8 liter) bowel prep

Additionally, purchase the following over the counter medications:

- ☐ Six (6) 5 mg Dulcolax® (bisacodyl) laxative tablets. NOT Dulcolax® stool softener
- ☐ Two (2) 60 mL doses of Milk of Magnesia
- ☐ Two (2) 125 mg Gas-X (Simethicone) tablets, chews or softgels

Optional:

- ☐ Sports drink (Gatorade, Powerade, Propel, Pedialyte): NO RED OR PURPLE LIQUIDS
 - Solution can be mixed with water; sports drink is not required

Please ensure that you arrange for medical transport or a responsible adult driver to accompany you on the day of your procedure. For your safety, you will NOT be allowed to drive, operate machinery, or return to work until the following day. Your driver should remain on-site for the full duration of your visit, which typically lasts about two hours from check-in to discharge. Ride-share services such as Uber, Lyft, or taxis are NOT permitted.

5-7 DAYS PRIOR TO YOUR PROCEDURE

✓ **CONTINUE to take:**

- Regular prescription medications unless instructed to stop by our office or another provider

✓ **BEGIN a low fiber diet:**

- Acceptable foods include (but are not limited to): White bread, white rice, pasta, crackers, fish, chicken, eggs, ground beef, creamy peanut butter, cooked/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing and other condiments

✓ **STOP consuming:**

- Seeds, nuts, popcorn, bran, whole wheat, corn, quinoa, raw fruits and vegetables, berries and dried fruit, beans, lentils, and red or purple liquids

✓ **STOP taking over-the-counter fiber supplements:**

- Examples include: Metamucil, Citrucel and Benefiber

3 DAYS PRIOR TO YOUR PROCEDURE

✓ STOP all over-the-counter supplements:

- Examples include: Iron, multi-vitamins, etc.

✓ BEGIN BOWEL PREPARATION:

- 7:00AM – take 60 mL of Milk of Magnesia

✓ BREAKFAST

- You may have a full liquid meal. Examples include: Cream of Wheat (without oatmeal or grits), strained creamed soups (without pieces or chunks of vegetables or meats), yogurt (without inclusions), and nutrition/protein shakes

✓ AFTER BREAKFAST

- You may **ONLY** consume a clear liquid diet from this point until 2 hours before your procedure time.
 - Examples include: water, chicken broth, apple or white grape juice, sport drinks, popsicles, Jell-O, coffee and tea (no cream), and soft drinks
- Do **NOT** consume alcohol, creamer, or red or purple-colored liquids

✓ CONTINUE BOWEL PREPARATION:

- 4:00PM – take 60 mL of Milk of Magnesia
- 7:00PM – Take two (2) 5 mg Dulcolax® (bisacodyl) tablets

2 DAY PRIOR TO YOUR PROCEDURE

✓ HYDRATE

- Drink at least 64oz of water before starting your bowel preparation, as it may cause dehydration

✓ DO **NOT** USE OR CONSUME:

- Creamer, antacids (Maalox, Pepto Bismol, Mylanta, etc.), recreational drugs, or alcohol

✓ DIET:

- You may **ONLY** consume a clear liquid diet until 2 hours before procedure time
 - Examples include: water, chicken broth, apple or white grape juice, sport drinks, popsicles, Jell-O, coffee and tea (no cream), and soft drinks

✓ BEGIN 1st DOSE OF BOWEL PREPARATION:

Please follow these instructions, disregard instructions on bottle of prep solution

• 3:00 PM

- Take two (2) 5 mg Dulcolax® (bisacodyl) tablets

• 5:00 PM

- Fill the 4 liter prep solution bottle to the fill line with sports drink and/or water
- Drink one (1) 8 oz glass every 10-15 minutes until entire 4 liter (~128 oz) solution is gone
 - You should complete consumption of entire solution within 3-4 hours
- Mix remaining 4 liters of prep solution and refrigerate for use tomorrow

****Continue to drink clear liquids after completing this portion of the prep.****

1 DAY PRIOR TO YOUR PROCEDURE

✓ **HYDRATE:**

- Drink at least 64oz of water before starting your bowel preparation, as it may cause dehydration

✓ **DO NOT USE OR CONSUME:**

- Creamer, antacids (Maalox, Pepto Bismol, Mylanta, etc.), recreational drugs, or alcohol

✓ **DIET:**

- You may **ONLY** consume a clear liquid diet until 2 hours before procedure time
- Examples include: water, chicken broth, apple or white grape juice, sport drinks, popsicles, Jell-O, coffee and tea (no cream), and soft drinks

✓ **BEGIN 2nd DOSE OF BOWEL PREPARATION:**

Please follow these instructions, disregard instructions on bottle of prep solution

- **3:00 PM**

- Take two (2) 5 mg Dulcolax tablets

- **5:00 PM**

- Remove 4 liter prep solution bottle mixed yesterday from the refrigerator
- Drink one (1) 8oz glass every 10-15 minutes until you've consumed half of the solution equaling 2 liters (~64oz)
 - You should complete consumption of half of the solution within 2-3 hours
- Refrigerate the remaining solution for use tomorrow morning

DAY OF YOUR PROCEDURE

✓ **DO NOT USE OR CONSUME:**

- Creamer, antacids (Maalox, Pepto Bismol, Mylanta, etc.), recreational drugs, or alcohol

✓ **OPTIONAL:** You may continue to drink clear liquids up to 2 hours before your procedure

✓ **BEGIN 3rd DOSE OF BOWEL PREPARATION:**

- **4 hours** before your scheduled procedure:
 - Take two (2) 125 mg Gas-X (Simethicone) tablets, chews or softgels
 - Drink the remaining 2 liters (~64oz) of chilled prep solution
 - You must consume the entire solution within 2 hours
- At least **3 hours** before your procedure:
 - Take your regular prescription medications unless instructed otherwise during your pre-procedure call
- **2 hours** before your procedure:
 - **DO NOT DRINK ANY LIQUIDS OR CONSUME ANYTHING BY MOUTH** due to risk of aspiration. Failure to comply will result in your procedure being delayed or cancelled!

*****Your stool should be a clear or yellow liquid at this point*****

PREPARING FOR ARRIVAL

- ✓ Please complete the electronic intake paperwork that was sent to you via text/email. Accommodations/assistance will be available upon request.
- ✓ Leave your valuables (including watches, jewelry, and personal effects) at home. We will not be

responsible for these items.

- ✓ Please bring your photo ID, insurance card, and an updated list of medications.
- ✓ Do not bring children, as we are unable to provide accommodations for their care and comfort.

MEDICATION ADJUSTMENTS

- ✓ **For Diabetic Patients:**
 - Remember to check your blood sugars frequently the day before and day of your procedure.
- ✓ **For Patients on Blood Thinners:**
 - If you're taking blood thinners like Warfarin, Plavix, Eliquis, or Xarelto, make sure to follow the specific instructions our office has given you.
- ✓ **For Patients Taking GLP-1 Medications:**
 - Examples include Ozempic, Wegovy, Zepbound, Trulicity, Bydureon, Byetta, Saxenda, Victoza, Adlyxin, and Rybelsus.
 - **If you take your GLP-1 medication daily:** Do not take it on the day of your procedure.
 - **If you take your GLP-1 medication weekly:** Do not take it for 7 days before the procedure.

Need More Help?

- If you have any questions about these instructions, please call our office during regular business hours 8:00AM–5:00PM Monday through Friday at 208-489-1887.
- If you need to call after 5:00PM, please use 208-489-1900.

Frequently Asked Questions (FAQs)

- For answers to frequently asked questions, visit our website: www.digestivehealthclinic.com