

TriLyteLy or NulyteLy instructions

DO NOT TAKE ANY ASPIRIN, ADVIL, MOTRIN, IBUPROFEN, ALEVE, NAPROSYN, EXCEDRIN ETC, FOR ONE WEEK BEFORE THE TEST, UNLESS OTHERWISE INSTRUCTED BY YOUR PHYSICIAN. TYLENOL IS OK TO TAKE.

2 days before your colonoscopy please do not eat any SALADS OR anything with SEEDS

The day before the Colonoscopy

1. In the morning, mix lukewarm drinking water to the top line of the container. Mix in the flavor pack of your choice and then refrigerate the mixture.
2. Have a light breakfast
3. Begin a clear liquid diet after breakfast. Jell-O (no red jell-o), Gatorade (any flavor), clear fruit juices such as clear cranberry or apple, broths, coffee or tea no milk.
4. **NO DAIRY PRODUCTS, OR ORANGE JUICE**
5. At approximately 4-5 PM, start drinking the solution. Drink one 8 ounce glass every 15-20 minutes until you have finished the container (4 liters). If you feel nauseated, spread out the interval in which you drink the solution. Also, try using a straw to drink the solution.
6. Drink all 4 Dulcolax laxative tablets (buy over the counter) by mouth, 1 HOUR after finishing the 4 liter solution.
7. Buy baby wipes, Vaseline or A&D ointment and use after every bowel movements. This will help to form a protective barrier on your bottom side to help minimize discomfort there.
8. **Nothing to drink after midnight**

- If your test begins in the afternoon you may continue your clear liquids until six hours before the test.

- *Your stomach must be empty 6 hours before the exam.*

IF YOU ARE CURRENTLY TAKING BLOOD PRESSURE MEDICATIONS PLEASE BE SURE TO TAKE THEM VERY EARLY MORNING OF THE PROCEDURE WITH A SIP OF WATER !!