

LyteLy Colonoscopy Prep Procedure After Noon

Purchase from the Pharmacy:

- One (1) small box of Dulcolax tablets (purchase the laxative, **not** the stool softener) (*over the counter*)
- One (1) box of Simethicone (Gas-X) Extra-Strength 125mg oral soft gel capsules (*over the counter*)
- LyteLy (e.g., NulyteLy, GolyteLy, GaviLyte) – *prescribed medications; to be picked up from the pharmacist*

Bowel Preparation Instructions

The **day before** your colonoscopy, diet is to consist of CLEAR LIQUIDS ONLY (no solid food).

- Do not consume liquids that are red or purple in color. Do not consume milk products or juices with pulp. Clear liquids include water, black coffee, tea, apple juice, white grape or cranberry juice, lemonade, sports drinks (Gatorade, PowerAde, etc.), clear beef, chicken or vegetable broth, Jell-O, popsicles, frozen sorbet, or Italian ice. Alcoholic beverages are not permitted.
- NulyteLy/GolyteLy/GaviLyte bowel prep solutions can be refrigerated and must be consumed within 24 hours of being mixed. Your prep kit may come with a flavor packet which may be used in preparation. If your prep kit did not contain a flavor packet, you may use Crystal Light Lemonade powdered drink mix to flavor the solution.

• The day before your procedure, at 8:00AM:

- Prepare the prep solution according to the package instructions included in your prep kit.

• The evening before your procedure, at 7:00PM:

- Consume one (1) 8-ounce glass of NulyteLy/GolyteLy/GaviLyte solution every 15 minutes until eight (8) glasses, or half of the prep solution has been consumed.

NOTE: Following the first dose of the prep you will begin to experience an increase in bowel movements.

If you have not had a bowel movement by 9:30PM:

- Take one (1) 5mg Dulcolax laxative tablet by

• The morning of your procedure, at 5:00AM:

- Consume one (1) 8-ounce glass of NulyteLy/GolyteLy/GaviLyte solution every 15 minutes until eight (8) glasses, or the second half of the prep solution has been consumed. You must complete all the prep solution as recommended.
- Take two (2) extra strength Simethicone (Gas-X) oral soft gel capsules (250mg total).

⇒ *You may continue to consume clear liquids until four (4) hours before your procedure time. In all circumstances, consume nothing further by mouth within four (4) hours of your procedure time except for a sip of water for necessary medications*

Contact the on-call Gastroenterologist at **(941) 262-0400** if any problems arise during the bowel preparation process.

Prep Guide

| | |
|---|-------------------------------|
|  | Dark and murky |
|  | Brown and murky |
|  | Dark orange and semi-clear |
|  | Light orange and mostly clear |
|  | Yellow and clear |