

Golytely, Nulytely, Trilyte or Colyte (polyethylene glycol 3350 and electrolytes) Bowel Preparation Instructions

Bowel preparation for a colonoscopy actually starts up to 1 week before, when you should stop taking certain medications or supplements and begin a low fiber diet. Please carefully read all your Provider's instructions at least 1 week before your exam.

Please review the links below.

[Bowel Preparation Overview for Colonoscopy](#)

[Low Fiber Food Chart](#)

[Clear Liquid Chart](#)

[Diabetes Medications](#)

Key instructions

- Your bowel must be empty so that your doctor can clearly view your colon. Follow all the instructions in the handout.
- DO NOT eat solid food the entire day before your colonoscopy. Drink only clear liquids.
- DO NOT have any liquids or anything by mouth starting three (3) hours before your procedure time.

Please purchase your bowel preparation kit 1 WEEK BEFORE your colonoscopy. The following are required supplies:

- Four (4) Dulcolax laxative tablets containing 5 mg of bisacodyl each. DO NOT purchase Dulcolax stool softener.
- Visit your local pharmacy and purchase your Golytely, Nulytely, Trilyte or Colyte Kit

The bowel preparation will be consumed in two parts.

Mix the solution the afternoon before your colonoscopy and refrigerate. Keep cool in the refrigerator.

Part 1

At 3-4 pm on the evening before your colonoscopy, take four (4) Dulcolax tablets.

At 6 pm on the evening before your colonoscopy, drink an (eight) 8-ounce glass of bowel preparation every 10 minutes for a total of 8 glasses. You may continue, and it is recommended that you drink clear liquids throughout the evening.

Part 2

Five (5) hours before your scheduled procedure time, begin drinking the remaining solution by drinking an (eight) 8-ounce glass of bowel preparation every 10 minutes for a total of 8 glasses. You may continue to drink clear liquids up to three (3) hours before your exam.

IMPORTANT INFORMATION BELOW

- Please remember to arrive at Carson Endoscopy Center one (1) hour before your scheduled procedure time.
- Please remember to have a responsible driver with you.
- Please remember NOT to drink any liquids or have ANYTHING by mouth starting three (3) hours before your scheduled procedure time.