



Digestive Health Associates

TRILYTE/GOLYTELY/PEG3350 BOWEL PREP KIT

One week before your procedure:

Stop all blood thinners prior to your procedure as recommended by the Primary Care Physician or Cardiologist. Please inform our office if you have any Artificial Valves or history of Endocarditic Rheumatic Fever.

Day before your procedure:

1. Begin the day with a light breakfast (toast/oatmeal/fruit with water/coffee).
2. Starting at 10:00 A.M. start a clear liquid diet. Examples are water, coke, black coffee, tea, sprite, ginger ale, and clear chicken broth or beef broth. Green or yellow popsicles or jello are permitted.
DO NOT have any liquids with red, orange, purple or pink dye in them. No dairy products.
3. **If you are Diabetic**, you may take half of your regular dose of medication today.
4. At 12:00P.M., take 4 Dulcolax (5mg) tablets all at one time. OTC
5. Prepare your bowel prep in the following manner:
Mix the Bowel prep with water, sprite, or ginger ale. Refrigerate the solution.
6. At 6:00 P.M. you will begin to drink the first half of your bowel prep as directed below:
 - Drink an 8oz glass every 10-15 minutes until you drink 8 glasses. This means it will take you an hour and a half to two hours to complete drinking the first half of the prep.
 - If you become nauseated, refrigerate the prep, and take a 30-minute break. Resume drinking the remainder of the 8 glasses. (If needed because of nausea/vomiting you may drink it with a mint in your mouth through a straw.
 - This will conclude the first half of your bowel prep.
 - **Nothing to drink after midnight except for the remaining second half of your Prep.**

Day of your procedure:

1. Drink the remainder of the bowel prep beginning at. (6 hours prior to check in time) as directed above.
Do not take any medications unless otherwise instructed.
Diabetic patients must not take any diabetic medication the day of your procedure.
2. Someone must drive you home. You will not be permitted to have a colonoscopy if you do not have a responsible adult to drive you home. Taxis are not permitted. A medical transportation company may be contracted ahead of time if needed.
3. Do not bring any valuables.

Cancellation Policy for Procedures:

You must give a 72-hour notice to reschedule or cancel your procedure or a **\$75 fee** will be charged to the patient.

Date of Procedure: _____ **Check in time:** _____

Location: _____