



**Michael S.
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Questions?

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Colonoscopy GoLYTELY/TriLyte Prep Instructions

ONE WEEK BEFORE your procedure:

1. Our office will call you and your GoLYTELY/TriLyte prescription will be called in to your pharmacy.

THREE DAYS BEFORE your procedure:

1. Stop all aspirin, aspirin products, blood thinners, anti-inflammatory medicines, vitamin E, and vitamins with iron. If you have any aches or pains, you may use Tylenol.
2. If you are on blood thinners, contact your PCP or cardiologist for consent to be off medication for 3 days. (Please **DO NOT** stop taking high blood pressure, asthma, seizure, or heart medications.)

ONE DAY BEFORE your procedure:

1. **In the morning**, mix solution of GoLYTELY/TriLyte with water and refrigerate.
2. You will have clear liquids all day. *Clear liquids include: Popsicles, Jell-O, broth or bouillon, clear fruit juices, Gatorade, clear sodas, black coffee or tea. **Nothing red, orange, or purple in color, and no milk products.*** Continue to drink as many fluids as you can throughout the day to help keep you hydrated and feeling full.
3. **At 3:30 PM**, drink an 8 oz. glass every 10-15 minutes until half of gallon is gone. This will be 8 glasses. Continue to drink plenty of fluids.
4. **At 9:30 PM**, finish 2nd half of gallon, 8 oz. every 10-15 minutes until gone.
5. Continue to drink clear liquids until midnight. **Nothing to eat or drink after midnight.**

THE DAY OF your procedure:

1. Take your heart, blood pressure, asthma, and seizure heart medications the day of your procedure with a small sip of water.
2. You must be accompanied by a friend/relative 18 years or older, even if you take public transportation or have rides provided by Medicare or Medicaid. Procedures will be rescheduled if transportation arrangements have not been made for your safe return home.
3. Please leave all valuables at home, as we cannot be responsible for the loss of your valuables.

Please contact Dr. Lindner's office 48 hours prior if cancellation or rescheduling of procedure is necessary.

