**Your Procedure:**
You are scheduled for a colonoscopy, a procedure in which a doctor examines the lining of your large intestine by looking through a flexible tube called a colonoscope. If growths or other abnormalities are found during the procedure, the doctor may remove the abnormal tissue for closer examination or biopsy.

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**Colonoscopy with NuLytely/TriLyte Prep**

**Procedure Date:** __________________________

**Arrival Time:** _________  **Procedure Time:** _______

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**Your Bowel Prep Is Extremely Important! Please Read Instructions Carefully.**

<table>
<thead>
<tr>
<th>1 Week Prior</th>
<th>3 Days Prior</th>
<th>2 Days Prior</th>
<th>1 Day Prior</th>
<th>Procedure Day</th>
</tr>
</thead>
</table>
| ▶ Purchase the following:  
- NuLytely/TriLyte powder prep (prescription from Dr.)  
- Clear liquids (no red or purple – see list for clear liquid choices)  
- **Optional – for sore bottom:**  
- Plain or Aloe Baby Wipes  
- Desitin or A&D ointment  
▶ Arrange for a responsible adult to stay with you during the procedure and take you home post-procedure.  
▶ If you take fiber supplements or medications containing iron discontinue those **7 days** before your appointment. This includes multi-vitamins with iron.  
▶ You may continue your “baby” aspirin and regular aspirin. Let us know if you are on Plavix, coumadin, or other blood thinners.  
▶ If you have diabetes you have been given a Diabetic Prep Sheet.  
▶ Stop taking these medications:  
| ▶ Begin low fiber diet. See handout for details.  
▶ Stop consuming all high-fiber foods.  
▶ Last chance to cancel appointment. Call your physician’s office at the number below if you need to reschedule your procedure or if you have any questions:  
▶ **No solid foods after midnight!**  
| ▶ Continue low fiber diet.  
▶ Drink at least 4 large glasses of water throughout the day.  
| ▶ Begin clear liquid diet.  
▶ See clear liquid choice handout for suggestions and recipes!  
▶ Drink at least 4 large glasses of water throughout the day.  
▶ **12 noon:** Thoroughly mix 4 liters (1 gallon) clear liquid to the NuLytely/TriLyte powder. Refrigerate  
▶ **5pm:** Drink 8 oz of the NuLytely/TriLyte prep solution and continue drinking an 8 oz glass of solution every 15 minutes until solution is finished.  
| ▶ **ALERT**  
▶ After your prep, the results should appear clear yellow or clear green liquid with no solid matter. If not, please call your doctor at the office or medical exchange.  
▶ **NOTHING** by mouth within 4 hours of scheduled procedure time – including gum, hard candy/mints & NO smoking tobacco, marijuana, or use of e-cigarettes the day of your procedure.  
▶ You may take your essential morning medications with 4 tablespoons (2 oz) of water, 2-4 hours prior to your procedure, unless otherwise directed by your physician.  
▶ Be sure to bring the following:  
- Responsible adult driver to stay with you and drive you home. Your procedure will not start without your driver present.  
- Insurance Cards  
- Driver’s License/Photo ID  
- Any co-insurance fees due  

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