



Bay Area Houston

Gastroenterology Associates

TriLyte/GoLYTELY Prep Instructions

You are scheduled for a **COLONOSCOPY** on _____.

Your procedure is scheduled at Bay Area Houston Endoscopy Center at 1015 Medical Center Blvd., Suite 1200. Arrive at _____.

Your procedure is scheduled at Memorial Hermann Southeast Hospital at 11800 Astoria Blvd., Outpatient Services 2nd floor. Arrive at _____.

Follow these instructions for adequate preparation for the procedure. If you have any questions or this time is not convenient, please call our office (281) 338-2861.

DAY BEFORE THE EXAMINATION:

DATE:

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- CLEAR LIQUID DIET for breakfast, lunch and dinner. Sample menu is below. **NO SOLID FOODS.**
 - Purchase GoLYTELY (TriLyte) and Reglan from your pharmacy using the prescription provided.
 - Take Reglan 10mg by mouth at 3pm to prevent nausea and vomiting.
 - Mix the TriLyte powder with water in the plastic container provided by noon and chill in the refrigerator.
 - At 4pm, start drinking (1) 8 oz. glass every 10-15 minutes until the entire solution is completely finished (this takes approximately 3 hours).
 - You may suck on a lemon/lime wedge after each glass (this can reduce nausea).
 - Diarrhea is expected and desired from the bowel preparation.
 - Drink as much water up until bedtime or midnight. This will prevent dehydration.

PLEASE CALL OUR OFFICE IF YOU ARE UNABLE TO TOLERATE THE PREP OR DEVELOP VOMITING. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT.

DAY OF THE EXAMINATION:

DATE:

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- **AFTER THE TEST, YOU WILL NOT BE ABLE TO DRIVE OR WORK THE REMAINDER OF THE DAY. PLEASE ARRANGE FOR TRANSPORTATION FROM THE ENDOSCOPY CENTER. YOU MAY NOT TAKE PUBLIC TRANSPORTATION.**
 - Please take all heart and lung medications. Do not take insulin or diabetic medications.
 - Take the day off from work and do not make any major decisions.
 - Please bring your insurance card, medication lists, and referral forms with you.
 - Leave jewelry, cash, and personal belongings of value at home.

SAMPLE MENU:

Beef or chicken broth (**NO NOODLES, VEGGIES, OR MEAT**). Clear fruit juice: apple, white cranberry, white raspberry, or white grape. Popsicles, Jello-O, Kool-Aid (**NO RED**). Black coffee, tea, water, ginger ale, Gatorade, Sprite/7-Up. (**NO MILK, CREAM, ORANGE OR TOMATO JUICE**).