



Endoscopy Center of North Baltimore

COLYTE / GOLYTELY / NULYTELY/ TRILYTE PREPARATION FOR COLONOSCOPY

EFFECTS OF BOWEL PREPARATION

These solutions will cause you to have repeated loose stools (diarrhea), which is the expected result. These solutions typically work within 30-60 minutes but may take as long as 4 hours to have an effect. During the preparation process, you are advised to have a bathroom nearby.

One week prior to the examination:

Fill prescription for the solution prescribed.

Please read all instructions carefully.

Two days prior to the exam, prepare the solution according to the instructions on the bottle. (Flavor packs are for use only in combination with the contents of the accompanying 4 liter container. No other additional ingredients (e.g. flavoring) should be added to the solution.) **The solution will taste better if chilled.**

- To add flavor tear open one flavor pack at the indicated marking and pour contents into the bottle BEFORE adding water. Discard unused packs.
- SHAKE WELL to mix flavoring into the powder.
- Add tap water to FILL line. Replace cap tightly and mix or shake well until all ingredients have dissolved.

Note: If not using flavor packs, omit steps one and two, above.

One day prior to the exam:

You may eat a light breakfast .After breakfast begin a clear liquid diet for the remainder of the day. No solid foods, milk or milk products may be taken after breakfast.

Between 4pm and 6pmbegin drinking 8 oz. of the preparation every 10 minutes. Rapid drinking of each portion is preferred rather than drinking small amounts continuously. The first bowel movement should occur approximately one hour after the start of the solution. You may experience some abdominal bloating and distention before the bowels start to move. If severe



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discomfort or distention occurs, stop drinking temporarily or drink each portion at longer intervals until these symptoms disappear. Continue drinking until the watery stool is **clear and free of solid matter**. This usually requires at least 3 liters and it is best to drink all of the solution. Any unused portion should be discarded.

Remember, nothing to eat or drink after midnight. You should take your heart and blood pressure medications with sips of water on the morning of the exam.