

Gastroenterology Associates of Gainesville, P.C.

Instructions for Outpatient Colonoscopy

You have been scheduled for a colonoscopy (examination of your colon with a flexible lighted tube). In order to minimize your discomfort and ensure best results from your test, please follow these instructions for preparation.

Seven days prior to your test you should **discontinue** the use of any medications containing **iron** or **aspirin**. You may use Tylenol if necessary

The day before your test you may **NOT** have any solid foods. You may only have clear liquids, such as: **Chicken broth, beef broth, yellow or green Jell-O, clear grape juice, non-pulpy apple juice, black coffee, tea, yellow or green popsicles, sprite and ginger ale**. Avoid liquids that are red, orange, purple or blue in color. **No milk or creamers**

Do Not Wear scented sprays, lotion, or perfume/cologne to the testing site.

You MUST bring a driver (age 18 or older), he/she MUST remain with you during the procedure and drive you home.

You may take blood pressure, heart or seizure medication the morning of the test with a sip of water.

Mixing Instructions for Preparations

TRILYTE/COLYTE/NULYTELY

The day before your test you should mix the solution as directed and refrigerate. Do not add other ingredients to the solution and keep out of reach of children. The solution must be used within 48 hours of the mixing.

MOVIPREP

-Empty 1 Pouch A and 1 Pouch B into the disposable container.

-Add lukewarm water and fill to the top line on the container. Mix to dissolve.

*If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.

HALFLYTELY

-The day before your test you should prepare the solution according to the instructions included in the prep kit..

*If preferred, mix solution ahead of time and refrigerate prior to drinking. The reconstituted solution should be used within 24 hours.

*The (1) Bisacodyl tablet should not be taken within one hour of taking an antacid. We recommend that you be at home when taking the pill, as they can cause cramps and diarrhea. Do NOT crush or chew the tablet.

GATORADE (No Red, Purple, Orange or Blue)

-Purchase two 32oz bottles of Gatorade.

-Purchase one 238 gram bottle of Miralax (over the counter at your local pharmacy).

-Mix one half of the Miralax (about 119 grams) into one 32 oz Gatorade bottle.

-Mix one half to the Miralax (about 119 grams) into the other 32oz Gatorade bottle.

*If preferred, mix solution ahead of time and refrigerate prior to drinking. The solution must be used within 24 hours.

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____ **MOVIPREP Evening dose (One day split prep)** Date _____

6:00pm Drink 8 oz every 15 minutes until completed. Follow with 16 oz of clear liquids of your choice.
(First bottle)

10:00pm Drink 8 oz every 15 minutes until completed. Follow with 16 oz of clear liquid of your choice.
(Second bottle)

Nothing to eat or drink after midnight

____ **MOVIPREP Split dose (Two day split prep)**

6:00pm on _____ Drink 8 oz every 15 minutes until completed. Follow with 16 oz of clear liquids of your choice. (First bottle)

4 hours prior to test at _____ on _____ drink 8 oz (Second bottle) every 15 minutes until completed. Follow with 16 oz of Clear liquids of your choice.

No more liquids after _____ (2 hours prior to procedure time).

____ **TRILYTE/ COLYTE/ NUTLYTELY (One day split prep)** Date _____

6:00pm Drink 8 oz (total of 3 liters) every 10-15 minutes. Follow with 16 oz of clear liquids.

10:00pm Drink 8 oz (remaining liter) every 10-15 minutes until completed. Follow with 16 oz of clear liquids of your choice.

Nothing to eat or drink after midnight

____ **TRILYTE/ COLYTE/ NULYTELY (Two day split prep)**

6:00pm on _____ Drink 8 oz (total of 3 liters) every 10-15 minutes. Follow with 16 oz of clear liquids of your choice.

4 hours prior to test at _____ on _____ drink (remaining 1 liter) 8 oz every 10-15 minutes until completed. Follow with 16 oz of clear liquids of your choice.

No more liquids after _____ (2 hours prior to procedure time).

____ **HALFLYTELY (One day split prep)** Date _____

4:00pm Take the 1 Bisacodyl tablet with plenty of water.

6:00pm Drink 8 oz glass of Halflytely (total of 4 glasses) every 10 minutes. Follow with 16 oz of clear liquids of your choice.

10:00pm Drink 8 oz glass of Halflytely (total of 4 glasses) every 10 minutes. Follow with 16 oz of clear liquids of your choice.

Nothing to eat or drink after midnight

____ **HALFLYTELY (Two day split prep)**

4:00pm on _____ Take the 1 Bisacodyl tablet with plenty of water.

6:00pm on _____ Drink 8 oz glass of Halflytely (total of 4 glasses) every 10 minutes. Follow with 16 oz of clear liquids of your choice.

4 hours prior to test at _____ on _____ drink 8 oz glass of Halflytely (total of 4 glasses) every 10 minutes until completed. Follow with 16 oz of clear liquids of your choice.

No more liquids after _____ (2 hours prior to procedure time).

____ **GATORADE (One day prep)** Date _____

Start drinking at 6:00pm. Drink 8 oz or 1 cup every 15 minutes until both Gatorade bottles are completed. **Nothing to eat or drink after midnight.**