

TRILYTE/GAVILYTE/GOLYTELY/NULYTELY/PEG 3350 EXTENDED BOWEL PREP

The following instructions are your physician’s specific instructions. Please follow the instructions carefully to ensure a successful prep.

You can reach Your Patient Advisor with non-medical prep questions at **800.349.0285**

You can reach your physician’s office at **425.454.4768**

Special Notes: If you are taking blood thinner medication such as Coumadin or Plavix, call our office and speak to a nurse.

| Seven (7) Days Prior to Procedure | Six (6) Days Prior to Procedure | Three (3) Days Prior to Procedure | One (1) Day Prior to Procedure | Day of Procedure |
|--|--|--|--|--|
| <p>Review your prep instructions thoroughly</p> <p>Pick up your prescription at your pharmacy. DO NOT follow the instructions given by your pharmacy. ONLY follow the colon preparation instructions provided to you in this packet.</p> <p>Purchase a 10oz bottle of Magnesium Citrate AND a 4.1oz (119g) of Miralax/Polyethylene Glycol.</p> <p>Begin low residue diet as detailed on page 2.</p> <p>NO fiber supplements.</p> <p>Prep at a Glance Morning - Take one (1) dose (17g) of Miralax/ Polyethylene Glycol.</p> | <p>Continue a low residue diet as detailed on page 2.</p> <p>NO fiber supplements.</p> <p>Prep at a Glance Morning - Take one (1) dose (17g) of Miralax/ Polyethylene Glycol.</p> | <p>Continue a low residue diet as detailed on page 2.</p> <p>NO oil-based, iron or fiber supplements.</p> <p>Prep at a Glance Morning - Take one (1) dose (17g) of Miralax/ Polyethylene Glycol.</p> | <p>NO FOOD on the day before your procedure. Follow the Clear Liquid diet instructions on page 2.</p> <p>NO oil-based, iron or fiber supplements.</p> <p>Prep at a Glance Morning - Take one (1) dose (17g) of Miralax/ Polyethylene Glycol.</p> <p>10am - Drink 10oz of Magnesium Citrate.</p> <p>6pm - Take first dose of prep solution.</p> <p>Follow detailed, step-by-step instructions continued on page 2.</p> | <p>Take second dose of prep solution as detailed on page 3.</p> <p>Please take all daily blood pressure medications with water at least 3 hours prior to your procedure.</p> <p>Nothing by mouth 3 hours prior to your procedure. This includes water, gum, hard candy, lozenges, mints, and tobacco products. You may brush your teeth, but do not swallow.</p> <p><i>If you have anything in your mouth during the 3 hours prior to your procedure, your appointment may be rescheduled.</i></p> |
| | <p>Five (5) Days Prior to Procedure</p> | <p>Two (2) Days Prior to Procedure</p> | | |
| | <p>Continue a low residue diet as detailed on page 2.</p> <p>NO oil-based, iron or fiber supplements.</p> <p>Prep at a Glance Morning - Take one (1) dose (17g) of Miralax/ Polyethylene Glycol.</p> | <p>Continue a low residue diet as detailed on page 2.</p> <p>NO oil-based, iron or fiber supplements.</p> <p>Prep at a Glance Morning - Take one (1) dose (17g) of Miralax/ Polyethylene Glycol.</p> | | |
| | <p>Four (4) Days Prior to Procedure</p> | <p>Continue a low residue diet as detailed on page 2.</p> <p>NO oil-based, iron or fiber supplements.</p> <p>Prep at a Glance Morning - Take one (1) dose (17g) of Miralax/ Polyethylene Glycol.</p> | | |

SEVEN DAYS BEFORE YOUR PROCEDURE

Begin a low residue diet today. Avoid any raw fruits, raw vegetables or vegetables containing seeds, corn, pop-corn, nuts, seeds and whole grains. **STOP** any fiber supplements until after the procedure.

1

Begin taking the Miralax/Polyethylene Glycol once a day in the morning for the next 7 days

- Mix together 1 dose (17g) from the bottle of Miralax/Polyethylene Glycol with 8oz of clear liquid. Drink the mixture.

THE DAY BEFORE YOUR PROCEDURE

You are on a clear liquid diet today. Drink plenty of water throughout the day to avoid dehydration.

CLEAR LIQUID DIET (No liquids with red or blue dye)

- Bouillon/Broth: chicken, beef or vegetable
- Juice: apple, white cranberry, white grape
- Water: plain or flavored
- Soda: Sprite or 7-Up
- Other: Gatorade, Crystal Light, Pedialyte, coffee, tea (Do NOT add milk, cream or non-dairy creamer; you may add sugars or other sweeteners if desired)
- Popsicles: orange, lemon, lime
- Jell-O: orange, lemon, lime
- Candy: hard candy such as LifeSavers, suckers, gummy bears
- **NO ALCOHOL**

2

10am the day prior to your procedure

- Drink the entire 10oz bottle of Magnesium Citrate. You may mix it with Sprite, 7-Up or Gingerale.
- **If you have Congestive Heart Failure or have Kidney-Renal Failure, DO NOT DRINK.**

3

12pm the day prior to your procedure

- Prepare mix by adding drinking water to the indicated line (4 liters) near the top of the gallon jug. Shake until powder is mixed with the liquid and chill in the refrigerator. Solution may not be mixed with any other drink and **MUST BE** used within 24 hours after mixing.

4

6pm the evening prior to your procedure

- Drink an 8oz glass of the solution every 15 minutes until you have finished drinking **HALF OF THE MIXTURE (64oz)**. Refrigerate the remainder of the solution for tomorrow.
- **Shake the container before pouring each dose.**
- Continue to drink water, clear soda or clear sports drinks throughout the evening.

Diarrhea should start within one hour of first dose, but may take 5-6 hours, depending on the person. If you haven't had a bowel movement by midnight, and DO NOT have chronic kidney disease or kidney failure, you should obtain a bottle of magnesium citrate (296mL) from your local pharmacy and drink the entire bottle. You may experience irritation to the anal area due to the diarrhea. If you experience anal discomfort, you may use pre-moistened towelettes (Cottonettes). You may also apply Vaseline or Desitin to the peri-anal area after each bowel movement to minimize irritation.

THE DAY OF YOUR PROCEDURE

NO FOOD until after your procedure. Drink plenty of water throughout the day to avoid dehydration.

5

5-6 Hours prior to leaving home

- Drink the **OTHER HALF OF THE MIXTURE (64oz)**. Drink an 8oz glass of the solution every 10-15 minutes **until gone**. You must finish the entire prep even if your bowels are already clear.
- **Shake the container before pouring each dose.**

*Prep must be completed no later than 3 hours prior to your procedure.

You should be passing clear stool.

THE DAY OF THE PROCEDURE

3 Hours before your procedure

- Nothing by mouth
- Nothing to eat or drink until after your procedure
- Do not use chewing tobacco, gum, lozenges, candy or breath mints
- If you take daily medication, you may take it with **small sips of water only, at least 3 hours** before your procedure
- If you use a CPAP at night for sleep apnea, please bring it with you to your procedure
- If you use an inhaler for pulmonary disease, please bring it with you to your procedure

PLEASE ARRANGE TRANSPORTATION WITH AN ESCORT, OVER THE AGE OF 18, THAT YOU TRUST TO RECEIVE YOUR DISCHARGE INSTRUCTIONS. **ALL PATIENTS WILL BE REQUIRED TO HAVE AN ESCORT - YOU CANNOT DRIVE (OR TAKE A TAXI, UBER OR LYFT WITHOUT AN ESCORT).** YOU MUST PLAN TO REFRAIN FROM WORKING, DRIVING OR OPERATING HEAVY MACHINERY FOR AT LEAST 12 HOURS AFTER YOUR EXAMINATION. ALCOHOL AND SEDATIVES SHOULD BE AVOIDED FOR 24 HOURS AFTER THE PROCEDURE. IF YOU HAVE BIOPSIES OR A POLYP REMOVED, YOU WILL NEED TO AVOID ASPIRIN, ASPIRIN-RELATED PRODUCTS, AND BLOOD THINNERS FOR 24 HOURS.

If you have any questions or concerns about the preparation, please contact Your Patient Advisor by calling 800.349.0285 or emailing support@yourpatientadvisor.com.

FREQUENTLY ASKED QUESTIONS

What is a clear stool?

A clear stool can have a slight tint of yellow or brown. It will be completely transparent, and will not contain any solid matter. The bottom of the toilet can be seen through clear stool.

I am not having bowel movements, what should I do?

Bowel movements can take up to 2 hours to start after beginning the prep, but may take up to 5-6 hours depending on the person. Be patient, continue to drink clear liquids. If you have not had a bowel movement by midnight the night prior to your procedure, and you DO NOT have chronic kidney disease or kidney failure, you should obtain a bottle of magnesium citrate (296mL) from your local pharmacy, and drink the entire bottle.

The prep is making me nauseous, what should I do?

If you develop nausea or vomiting, slow down the rate at which you drink the solution. Please attempt to drink all of the laxative solution even if it takes you longer. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

What are some high fiber foods I should avoid?

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads, beans and lentils.

If I eat popcorn or seeds 3 days before my procedure, do I need to reschedule?

You will not need to reschedule your procedure, however the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.

Can I drink ALCOHOL on the liquid diet?

Alcohol is not allowed as part of the clear liquid diet.

Can I continue to be on the liquid diet after I begin consuming the laxatives?

Yes, we encourage you to continue the clear liquid diet until you are directed to discontinue anything by mouth, which is typically **three (3) hours** before the procedure.

Why do I have to wake up so early for the second dose, can't I take it all the night before?

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

If I weigh under 100 pounds, do I need to take all of the prep?

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy.

DIABETES MANAGEMENT INSTRUCTIONS
Follow only if you have Type I or II diabetes

These are general guidelines. Please call the health care provider who manages your diabetes if you have an insulin pump or if you have specific questions or concerns.

For people with diabetes, any procedure that causes you to miss a meal will require special planning to safely manage your blood sugar. It is important to reduce your diabetes medications and monitor your blood sugar while you are doing the bowel prep for colonoscopy. You should check your blood glucose before all meals and at bedtime on both the prep and procedure days. Also, check your blood glucose anytime you have symptoms suggesting possible low or high blood glucose.

For patients on insulin: We recommend taking half your usual dose on the day before your procedure. Check your blood sugar at the usual times during the day. If your reading would normally prompt you to take an additional dose of regular insulin, we would recommend taking half the amount you would normally take for that reading. Do not take any insulin on the morning of your procedure. After the procedure, you will be resuming a regular diet and can resume insulin according to your usual schedule at that time.

For patients on oral diabetes medications: We recommend taking half your usual dose on the day before your procedure. Do not take any diabetes medications on the day of your procedure, until after its complete.

Diabetic patients should schedule appointments for early in the day so that you can eat afterwards and take your medications as close to the usual time as possible.

Clear liquid food choices for the day before colonoscopy:

Aim for 45g of carbohydrates at meals; 15-30g of carbohydrates for snacks.

- Remember to avoid red colored foods.
- Carbohydrate count for various clear liquid choices:
 - Apple juice (4 ounces) - 15g carbohydrates
 - White grape juice (4 ounces) - 15g
 - Sports drinks such as Gatorade (8 ounces) - 14g
 - Jell-O (½ cup regular sweetened) - 15g
 - Popsicles - 15g
 - Sugar (1tsp to sweeten coffee or tea) - 4g

Clear liquid items without carbohydrates include broth and other clear soups, diet soda, coffee, tea, seltzer and flavored water.