

How to prepare for your Colonoscopy

with GoLytely, NuLytely, CoLyte, or Trilyte

*Please read over these instructions carefully as soon as you receive them.
If you have not prepared for your colonoscopy properly, your appointment will need to be
rescheduled for a later date.*

One week before your colonoscopy

- ✓ Fill your prescription for GoLytely, NuLytely, CoLyte, or Trilyte
- ✓ Buy items for the Clear Liquid Diet. (see list)
- ✓ Arrange for transportation to and from your colonoscopy. You will not be allowed to drive yourself or use a taxi or bus service unless you have a responsible adult to accompany you.
- ✓ Review the special medication instructions and identify which medications (if any) you will need to stop taking before your colonoscopy.
- ✓ **Stop taking iron supplements (multivitamins containing iron are OK).**

The day before your colonoscopy

- ✓ In the morning, add water to the GoLytely, NuLytely, CoLyte, or Trilyte container. Fill it to the top and refrigerate.
- ✓ **Begin the Clear Liquid Diet (see list). The whole day will consist of clear liquids. There is no limit to the amount of clear liquids you drink during the day.**
- ✓ In the afternoon, measure out two 8 oz. glasses of the solution. Set aside and refrigerate for the following day.
- ✓ At 5pm, begin drinking the GoLytely, NuLytely, CoLyte, or Trilyte solution. You should drink one 8 oz. glass of the solution every 15 minutes until the container is empty. (This means you will drink a total of twelve to fourteen 8 oz. glasses of the solution).
- ✓ If you do not begin to have diarrhea within 2 to 3 hours, review the Frequently Asked Questions sheet for further instructions. If you still have questions, call the office at (203) 281-4463.
- ✓ Stay hydrated by drinking additional clear liquids.

The Clear Liquid Diet

The clear liquid diet begins the day before your colonoscopy. It can include:

Water

Clear Broth

Bouillon

Soda

Gatorade (no purple, red, or orange)

Clear Fruit Juice (apple or white grape)

Popsicles (no purple, red, or orange)

Jell-O (no purple, red, or orange)

Italian Ice (no cream or fruit)

Coffee or Tea (no milk, cream, or dairy substitutes)

NO solid food

NO purple, red, or orange colors

NO milk, cream, or dairy substitutes

- ✓ Set your alarm to wake you at least five hours before your colonoscopy so that you can finish preparing for your procedure.

The day of your colonoscopy

- ✓ Five hours before your colonoscopy, stir up the remaining GoLytely, NuLytely, CoLyte, or solution. Drink all of it within 15 to 30 minutes.
- ✓ **Do not eat or drink anything after you finish remaining solution (except medication with a sip of water).**
- ✓ Hold all insulin and diabetic medications morning of procedure.
- ✓ Hold diuretics (HCTZ/furosemide) morning of procedure.
- ✓ Continue all other medications.
- ✓ Make sure that you arrive for your appointment on time.

Questions?

Consult the Frequently Asked Questions sheet first. If you still have questions, call the Gastroenterology Center's main office at (203) 281-4463

Date of Colonoscopy _____

Location _____

Arrival Time _____

Remember, your appointment will be rescheduled if:

- ✓ **You have food or drink on the day of your colonoscopy.**
- ✓ **You do not follow the preparation instructions.**
- ✓ **You do not arrive for your appointment on time.**
- ✓ **You do not have a ride home.** Medications will be given to you at the time of your colonoscopy that will impair your judgment and reflexes. You will not be able to drive yourself, and you will only be able to use a taxi or bus service if you have a responsible adult to accompany you.
- ✓ **You have a change in your health insurance coverage.** Your new plan may require us to obtain authorization before performing your colonoscopy, a process that can take some time. Please notify us of any changes to your insurance immediately.

Procedure Locations

- Endoscopy Center of Connecticut
Spring Glen Medical Center
2200 Whitney Ave, Ste 380
Hamden, CT
(203) 281-3636
- Guilford Endoscopy Center
Sound Medical Center
1591 Boston Post Rd, Ste 206
Guilford, CT
(203) 458-4463
- Hospital of Saint Raphael
Digestive Disease Center
Celentano Building, 2nd Floor
1450 Chapel St
New Haven, CT
(203) 789-3273
- Yale-New Haven Hospital
GI Procedure Center
789 Howard Ave
New Haven, CT
(203) 688-5458
*Register at the Office of
Professional Services on the first
floor. Then take Elevator C to the
third floor of the Clinic Building.*
- Milford Hospital
Diagnostic Treatment Center
300 Seaside Ave
Milford, CT
(203) 876-4652
*Register at the Registration Desk,
then proceed across the hall.*
- Mid-State Medical Center
Digestive Health Center, Pavilion D
435 Lewis Ave, Meriden, CT
(203) 694-8314
- Temple Surgical Center
(with anesthesia)
40 Temple St, 4th Floor
New Haven, CT
(203) 688-4060
- Temple Surgical Center
(without anesthesia)
60 Temple St, 2nd Floor
New Haven, CT
(203) 688-6008