

# **TRILYTE, GOLYTELY, NULYTELY, or COLYTE**

## **PEG 3350**

### **BOWEL PREPARATION**

**DO NOT FOLLOW THE PREP INSTRUCTIONS ON THE PRODUCT'S BOX OR THAT THE PHARMACY PROVIDES. YOU MUST FOLLOW OUR PREP INSTRUCTIONS AS WRITTEN IN THIS DOCUMENT.**

1. In the morning **on the day before** your exam, add tepid/room temperature water to the "Fill" line on the jug, replace cap, shake vigorously to dissolve the powder, refrigerate.
2. Starting at **4-6 PM the day before the exam**, drink **8 ounces of the solution every 10 to 15 minutes** until you have drunk half of the solution.
3. Starting **6 hours before your scheduled arrival time**, begin to drink the rest of the solution in the same way as the first half: **8 ounces every 10 to 15 minutes**.
  - It is normal to feel slightly bloated. This will improve as you begin to have bowel movements.
  - You will have to drink several glasses before having the first bowel movement.
  - If you feel too nauseated to continue, stop drinking for 20-30 minutes then resume at a slower rate.
  - Be sure to finish the entire prep or else the colon may not clean adequately.
  - It will take approximately **2 hours** to drink each half of the prep. Diarrhea will continue for at least an hour afterwards.