



# Digestive Health Center

## PEG 3350 SPLIT DOSE

(TRILYTE<sup>®</sup>, GOLYTELY<sup>®</sup>, NULYTELY<sup>®</sup>, COLYTE<sup>®</sup>)

## BOWEL PREPARATION

### TIMELINE OF YOUR COLONOSCOPY PREPARATION

The Day Before Your Procedure	
<b>In the Morning</b>	Add tepid/room temperature water to the "Fill" line on the jug, replace cap, shake vigorously to dissolve the powder, refrigerate.
<b>Between 4:00 pm to 6:00 pm</b>	Start to drink <b>8 ounces of the solution every 10 to 15 minutes</b> until you have drunk half of the solution.
The Day of Your Procedure	
<b>6 hours Prior to Arrival</b>	Begin to drink the rest of the solution in the same way as the first half: <b>8 ounces every 10 to 15 minutes.</b>

### PREPARATION TIPS

1. Since the bowel preparation will cause diarrhea, it is important to stay hydrated. Make a conscious effort to drink clear liquids throughout the day to prevent dehydration.
2. Try to drink the preparation with a straw as this may be easier to tolerate.
3. The bowel preparation will result in diarrhea so please plan appropriately.
4. It will take approximately **1.5 hours** to drink each half of the prep. Diarrhea will continue for at least an hour afterwards.
5. If you start to feel nauseated, you can pause for 20-30 minutes and then begin drinking the solution more slowly. Some patients say that walking around helps relieve their nausea.
6. Be sure to finish the entire prep or else the colon may not clean adequately.
7. Your output/bowel movements should be clear (or yellow) after you've completed the bowel preparation. If you are still seeing stool/brown after completing the 2nd dose, please call our office.

**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.**