

PM Bowel Preparation with 4 Liter Glycol/Electrolyte**Brand Name: TriLyte, Nulytely, Golytely**

- **You must be accompanied by a friend or relative to drive and assist you home. We WILL NOT discharge you** to a cab, bus or other transportation service **without** a responsible party with you. You may not drive until the day after your procedure.

Special Instructions Regarding Medications

- If you are on an **anticoagulant/blood thinner** our nurse will contact you with instructions after contacting your prescribing physician. If you have not heard from the nurse 1 week prior to your procedure please contact our office.
- **Do Not** take **Iron supplements** for **one week prior** to the procedure date. Multivitamins are OK.
- **Diabetic patients:** _____
- **Do Not** take **Water Pill/Diuretic** (Lasix (furosemide), HCTZ (Hydrochlorothiazide), Dyazide, Diovan HCT, Spironolactone), on the day of the procedure
- **Heart/Blood Pressure/ Thyroid/Seizure/Anxiety Medications** can be taken **on the day of the procedure** with a sip of water.
- **Stop Effexor one day before** the procedure (if applicable)
- **Asthmatic patients** should bring their **INHALERS** with them on the day of the procedure
- **Do Not use Cannabis 12 hours prior to procedure**
- **All Facial Piercings MUST be removed prior to procedure**

THE DAY BEFORE YOUR PROCEDURE

IMPORTANT NOTE: follow the instructions below, NOT the instructions on the prep's packaging

- **You May Eat a light breakfast until 11:00 am**
(ex: scrambled eggs, plain white toast, orange juice, NO whole grains, cereals, oatmeal, etc.)
YOU MAY NOT HAVE ANY SOLID FOOD AFTER 11:00 AM ONLY CLEAR LIQUIDS
- Take all of your normal prescription medications, **unless advised otherwise.**
- Prepare your **Bowel Prep** solution in the morning with lukewarm water to the designated line and add a flavor packet. **Shake well and refrigerate.**
- **At 6 pm** - yes no Take 2 Dulcolax(Bisacodyl) Laxative tablets with water **2** hours before first dose of prep
- **At 8 pm** – Drink half of the preparation, 8 oz every 10-15 minutes
- It is best to drink each glass rapidly rather than sip it. Drinking the solution through a straw may also improve your tolerance for this bowel prep.

DAY OF YOUR PROCEDURE

- **At 6 am** - **Drink** the second dose of your preparation, 8 oz every 10-15 minutes

All prep and clear liquids MUST be completed by 8:30am. No additional liquids, hard candy, chewing gum after 8:30am.

Prep instructions, patient forms, and FAQ's can also be found on our website:
Westchesterendocenter.com

General or reschedule questions call 610-431-3122