



PREMIER *medical group*



Hudson Valley Urology, P.C.
Comprehensive Urology Centers



ASSOCIATES

TRILYTE/GOLYTELY COLONOSCOPY PREPARATION

Purchase Trilyte/Golytely Preparation Kit (prescription) and 4 (four) Dulcolax (Bisacodyl) tablets at your pharmacy. Follow these instructions on the day prior to the exam.

In preparation for your colonoscopy you must follow the directions below. Adequate cleansing and hydration is key to a successful preparation and procedure. **Refer to your appointment sheet for directions regarding medications allowed and not allowed.**

Step One: On the day of your appointment, someone must accompany you to the office or hospital.

Step Two: If you have a colostomy please bring an extra stoma bag. If you are diabetic, please check with your physician regarding insulin and oral diabetic medication regimen.

Step Three: If you require antibiotics before going to the dentist or for a heart murmur, valvular disease or joint replacement, please inform us.

DIET AND LIQUID PREPARATION INSTRUCTIONS

Step One: Start drinking and maintain a full liquid diet from the moment you wake up in the morning (water, juices without pulp, coffee, teas, broths, jello, popsicles, milk, ice cream, yogurt, pudding and cream soups (no solids in soups)). ***You must drink as much fluids as possible in the morning.*** You may have water, apple juice, white grape juice, Sprite, seltzer, 7-Up, ginger ale, ice tea, clear broth, coffee or tea, Gatorade, and/or any color Jell-O or ice pops **except RED. No solid food is allowed.**

Step Two: Mix the Trilyte/Golytely solution (according to kit instructions) and refrigerate. Do not add any other flavoring except one of the flavor packets provided with the kit.

Step Three: At 12 noon take the four-bisacodyl tablets with water. Do not crush or chew. Do not take the bisacodyl tablets within one hour of taking an antacid.

Step Four: At 5 PM start drinking the Trilyte/Golytely solution, one 8-ounce glass every ten minutes, until at least half the solution is gone. Try to drink the solution quickly (ice and a straw may be helpful).

Step Five: When Trilyte solution is finished, maintain a CLEAR liquid diet until bedtime (water, apple juice, white grape juice, broth, etc). **NO DAIRY AFTER TRYLITE SOLUTION!!!**

******* It is very important that you drink as much as you can until bedtime.**

Step Six: **Nothing to eat or drink after midnight.**

NOTE: If you experience severe abdominal discomfort or bloating, stop drinking the solution for a while or wait longer between glasses. Nausea, cramping and abdominal fullness are common. If you have any questions, please contact the office at 845-471-9410.

Premier Medical Group of the Hudson Valley, P.C.

Poughkeepsie | Fishkill | Kingston | Rhinebeck | New Windsor

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