



## COLONOSCOPY BOWEL PREP INSTRUCTION

(For use with PEG-3350 products GoLytely®, Half-Lytely®, Nulytely®, Co-lytely®, Trilytely®, Moviprep®)

You will be taking a prescription medication to cleanse the bowel before your procedure. In order to have the best test results it is very important to follow these instructions closely. Do not use pharmacy instructions.

**Step One:** Start eating a low fiber diet **5 days** prior to the appointment. AVOID vegetables and fruits with skins, or seeds, nuts, corn, popcorn and whole grain breads. You CAN eat: dairy products, pasta, white bread, eggs, meats (chicken and fish without the skin are best), applesauce, bananas, potatoes without skin, smooth tomato sauce. Dessert foods like cake, pudding or cookies are OK as long as there are no nuts and you are not diabetic.

**Step Two:** For the entire **day prior** to your appointment have liquids only. AVOID liquids that are red or purple in color. Do not have dairy products or juice with pulp. You CAN have: sodas, water, broth, coffee, tea, juices (that are clear like apple or white grape), Gatorade®, Jell-O®, and popsicles. Mix the bowel preparation with water according to product instructions and refrigerate.

**Step Three:** On the **day prior to your appointment** start to take your bowel prep solution. PLEASE NOTE: Taking the prep in **split dosing** is strongly recommended for best results.

**Split Dose Instructions:** Drink one half to three quarters of the prep starting at 5:00 on the eve prior to your appointment. (Drink one glass every 10-15 minutes until the container is half to three quarters completed). Drink the remaining prep on the morning of your appointment; finish it 3 hours before you plan to leave to come to the appointment. \*\*For Half-Lytely prescriptions take the pills included at 1:00 p.m. on the day prior to your appointment and drink half of the fluid starting at 5:00 (one glass every 10-15 minutes). Finish the other half in the morning 3 hours before you plan to leave to come to the appointment. It is very important to complete both halves of the prep.

**Step Four:** After drinking all the bowel prep solution you may continue to have clear or light colored fluids (water, Gatorade®, apple juice, ginger ale) until two hours before your appointment arrival time. Please do not have Jell-O® after taking the bowel prep medicine. For questions about your prep call the Endoscopy Coordinators at 434-243-6346.