

Gavilyte, Peg 3350/Electrolytes, Golytely, NuLyteLy or TriLyte Bowel Preparation

Importance of DRINKING LIQUIDS during the bowel preparation process

During bowel preparation you will lose significant amounts of fluid. THIS IS NORMAL. It is very important that you replace this fluid to prevent dehydration. Drink large amounts of clear liquids. Drinking large amounts of clear liquids also helps ensure that your bowel will be clean for the examination. A completely clean colon may help avoid the need for a repeat exam.

Read carefully.

Follow the steps listed below

PURCHASE:

(Rx- Brand based on insurance)

Prescription from your doctor

(Over the counter)

2 Dulcolax laxative 5mg tablets

DAY BEFORE EXAM

1. 8:00 a.m.

Eat 2 scrambled eggs and 2 slices white toast.

2. 900 a.m.

Start a clear liquid diet, **no solid foods until after procedure tomorrow.**

3. Mix Gavilyte, Peg 3350/Electrolytes, Golytely, NuLyteLy or TriLyte oral solution according to instructions on the packet and refrigerate.



ALL DAY LONG

CLEAR LIQUIDS DIET LIST

(DO NOT DRINK ANYTHING COLORED RED OR PURPLE)

Water, tea or coffee (no milk or non-dairy creamer) sweeteners are o.k.

Soft drinks (7-up, cola, ginger ale, orange, Sprite, etc.) Gatorade, Propel, Kool-Aid, lemonade.

Strained fruit juices; without pulp.
(apple, white cranberry, orange, white grape, etc.)

Low sodium chicken or beef bouillon/broth
Hard candies, Jell-O, Popsicles
NO sherbets or fruit bars

Your body loses significant amounts of fluid during bowel preparation.

In order to prevent dehydration, it is important to supplement that fluid loss with clear liquids. Make a conscious effort to drink as much As you can before, during, and after the preparation.

AVOID ALL DAIRY PRODUCTS

At 2:00 P.M.

Take 2 Dulcolax laxative 5 mg tablets.

At 6:00 P.M.

start drinking the mixture. Drink 1 (8) ounce glass every 15 minutes until gone.

You may drink any clear liquids up until midnight.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT, or the morning before your procedure!!!