

Gastrointestinal Associates of Rockland
500 New Hempstead Rd New City NY 10956
845-362-3200
Fax: 845-290-8180

**NULYTELY OR TRILYTE /DULCOLAX ACCELERATED COMBO PREPARATION
FOR COLONOSCOPY**

**Unless directed by the physician, if you take heart or blood pressure medication, you may take with only a sip of water at your normally scheduled time as well as take your inhaler at your normally scheduled time. *If you are taking Warfarin, Coumadin, Plavix, clopidogrel bisulfate, or diabetic medication, discuss this with the physician prior to your scheduled procedure date.*

- **STOP PRADAXA FIVE (5) DAYS PRIOR TO PROCEDURE.**
- **STOP EFFIENT SEVEN (7) DAYS PRIOR TO PROCEDURE.**
- No aspirin or aspirin containing products, Alka-seltzer, anti-arthritis or anti-inflammatory medications for seven (7) days prior to the scheduled procedure date. Tylenol is fine.
- No Metamucil, Fibercon, Citrucel or iron supplements five (5) days before your procedure.
- No vegetables for two (2) days before the procedure.

Fill your prescription for Nulytely or Trilyte and purchase Dulcolax laxatives over the counter.

Please follow the preparation carefully and call the office if you have any questions:

24 HOURS BEFORE YOUR PROCEDURE:

Start a clear liquid diet – water, apple juice, coffee, tea (without milk or nondairy creamer), broth, Jello, ices, (nothing red or purple).

AT _____ M THE _____ YOUR PROCEDURE

Take the 4 Dulcolax laxatives. Follow with another 8 oz of approved clear liquid and **continue with the clear liquid diet until you begin the Nulytely or Trilyte.**

AT _____ M THE _____ YOUR PROCEDURE

Following the instructions for mixture of the Nulytely or Trilyte, you will **prepare 4 liters** of the liquid. **Refrigerate prior to drinking for better taste ONLY DRINK 2 LITERS OF THE MIXTURE AND FINISH THE 2 LITERS BY _____ M. DISCARD THE REMAINDER OF THE MIXTURE. You may continue clear liquids until five hours prior to your procedure and then nothing else to drink until after your procedure time. Please bring your medication list with you!**

You must have someone to drive you home following the procedure due to the medication given at the time of the procedure. Please check with your insurance regarding pre-certification.