

# ONE-DAY BOWEL PREP

## Colonoscopy Preparation with Polyethylene Glycol

(TriLyte, GoLYTELY, NuLYTELY, CoLyte)



VALLEY  
MEDICAL  
CENTER

### ENDOSCOPY CENTER

17820 Talbot Rd S  
Renton, WA 98055

425.690.3636

*Park in lot at the center.*

### ENDOSCOPY (HOSPITAL)

400 South 43rd St  
Renton, WA 98055

*Park in South Tower Garage  
(Parking G). On Level P-2, enter the  
Special Procedure Care Unit (SPCU)  
reception area and check in.*

### APPOINTMENT DATE

### CHECK IN TIME

## Medications and Precautions

- No anti-inflammatories one day before procedure such as Advil (ibuprofen) or Aleve (naproxen)—**Tylenol (acetaminophen) is okay.**
- Low fiber diet, no multi-vitamins, iron, calcium supplements, seeds, or nuts for **7 days before procedure.**
- Continue heart and blood pressure medications and aspirin—**unless your doctor tells you to stop.**
- Diabetes medicine—take 1/2 dose of insulin/oral diabetes medicine the evening before procedure. Hold insulin and/or oral diabetes medications the day of the procedure.**
- Hold blood thinners such as \_\_\_\_\_ for \_\_\_ days before procedure.
- Hold GLP-1 receptor agonists used for diabetes or weight loss, such as **semaglutide** (Ozempic, Rybelsus, Wegovy), **liraglutide** (Victoza, Saxenda), **dulaglutide** (Trulicity), **tirzepatide** (Mounjaro), or \_\_\_\_\_ as follows:
  - If you are on weekly dosing, your last dose must be a minimum of **one week** prior to procedure.
  - If you are on daily dosing, your last dose must be a minimum of **24 hours** prior to procedure.

**! IMPORTANT: BECAUSE THIS IS A SEDATED PROCEDURE, YOU MUST HAVE A DRIVER TAKE YOU HOME.**

## Buy These Items at the Pharmacy

- 10 oz. bottle of Magnesium Citrate (Lemon-Lime); **if you have congestive heart failure (CHF) or kidney/renal failure—do NOT purchase**
- POLYETHYLENE GLYCOL PRESCRIPTION (TriLyte, GoLYTELY, NuLYTELY, CoLyte)**

## ONE DAY BEFORE PROCEDURE

- 1. DRINK ONLY CLEAR LIQUIDS THE ENTIRE DAY; NO SOLID FOODS; NO MILK PRODUCTS OR NON-DAIRY CREAMER; NO ALCOHOLIC BEVERAGES.**

### APPROVED

**Beverages:** tea, coffee, soda/carbonated beverages, fitness water, sports drinks

**Fruit juices:** apple, cran-apple, white grape, lemonade (no pulp)

**Desserts:** flavored Jell-O, popsicles without pulp

**Bouillon:** clear, fat-free bouillon **ONLY**

**Misc:** salt, sugar



### AVOID

**No RED or PURPLE colors**

**No solid food**

**No milk products or non-dairy creamer**

**No alcoholic beverages**

**No stock, broth, or soup (store bought or homemade)**



## ONE DAY BEFORE PROCEDURE (continued)

- As a comfort measure, apply Vaseline, A&D ointment, or Desitin to the anal area before laxative use.



- At 3 PM**, drink one 10 oz. bottle of Magnesium Citrate (Lemon-Lime). **Do NOT drink if you have congestive heart failure or kidney/renal failure.**



- At 5 PM**, mix polyethylene glycol powder with 4 quarts water. Drink one 8 oz. glass slowly every 15 – 20 minutes until you finish 2 liters (1/2 of jug). If nauseated, stop drinking and walk around for 30 minutes—then begin drinking the solution again.

## DAY OF PROCEDURE



- At \_\_\_\_\_ (6 hours before your scheduled procedure)**, finish drinking last 2 liters (1/2 of jug) of polyethylene glycol mixture. Drink one 8 oz. glass every 15 – 20 minutes until gone.
- It is normal to pass yellow/green liquid stool after the prep.
- CLEAR LIQUIDS ONLY UNTIL \_\_\_\_\_ (UP TO 4 HOURS BEFORE YOUR SCHEDULED PROCEDURE), THEN NOTHING BY MOUTH.**



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