

TWO-DAY BOWEL PREP

Colonoscopy Preparation with Polyethylene Glycol

(TriLyte, GoLYTELY, NuLYTELY, CoLyte)



UW Medicine

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**
- ☐ 2 gallons **POLYETHYLENE GLYCOL PRESCRIPTION** (TriLyte, GoLYTELY, NuLYTELY, CoLyte)

TWO DAYS BEFORE PROCEDURE (continued on next page)

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)



TWO DAYS BEFORE PROCEDURE (continued from previous page)



2. **At 6 PM**, mix 1 gallon 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.
3. Throw away the remaining 2 liters (1/2 jug).

ONE DAY BEFORE PROCEDURE

1. **CONTINUE CLEAR LIQUID DIET FOR THE ENTIRE DAY: NO SOLID FOODS; NO MILK PRODUCTS OR NON-DAIRY CREAMER; NO ALCOHOLIC BEVERAGES.**

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



3. **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.**



4. **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



1. **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.
2. It is normal to pass yellow/green liquid stool after the prep.
3. **CLEAR LIQUIDS ONLY UP TO 2 HOURS BEFORE YOUR PROCEDURE TIME, THEN NOTHING BY MOUTH.**



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