

DDA | DIGESTIVE DISEASE ASSOCIATES

GOLYTELY/CO-LYTE/TRILYTE Instructions **Date of Procedure** _____

Please follow these instructions and NOT the instructions on the package/box

For all procedure times in the Morning:

1. Mix laxative drink (prescription) in the morning. Add a flavor pack (if it comes with your prescription) or crystal light lemonade flavor only.
2. Fill the container to the water line, shake, and refrigerate (may be room temperature if preferred)
3. Starting at **5pm the day before your procedure**
 - a. Drink an 8oz glass every 15 minutes until the bottle is ½ gone. Refrigerate the remaining prep.
4. Starting at **11pm**
 - a. Drink an 8oz glass every 15 minutes until gone. Follow with 16oz of clear liquid of your choice within 1 hour
5. You can drink other clear liquids with the prep and clear liquids throughout the day before your procedure.
6. STOP DRINKING 4 hours prior to your arrival time for your procedure.

For all procedure arrival times after 11:30am:

1. Mix laxative drink (prescription) in the morning. Add a flavor pack (if it comes with your prescription) or crystal light lemonade flavor only.
2. Fill the container to the water line, shake, and refrigerate (may be room temperature if preferred)
3. Starting at **5pm the day before your procedure**
 - a. Drink an 8oz glass every 15 minutes until the bottle is ½ gone. Refrigerate the remaining prep.
4. Starting at **6am the day of your procedure**
 - a. Drink an 8oz glass every 15 minutes until gone. Follow with 16oz of clear liquid of your choice within 1 hour
5. You can drink other clear liquids with the prep and clear liquids throughout the day before your procedure.
6. STOP DRINKING 4 hours prior to your arrival time for your procedure.

If you take blood pressure, heart, seizure or anxiety meds in the morning, please take them **at least 2 hours** prior to your arrival. Please take them with only a sip of water. All other meds can be held until after the procedure.

Please be advised - 2-5 days prior to your procedure you will get a MyChart message titled "Procedure Reminder. Read the entire Message". This message will tell you your arrival time. If you do not have MyChart access you will be called.

Any questions call 203-481-0315 and leave a message