

HUDSON VALLEY GASTROENTEROLOGY, PC
PROCEDURE PREP

Your prep day is 00/00/0000

You will need to fill your prescription for **Golytely (Trilyte, Gavilyte)** at your local pharmacy. If your insurance does not cover **Golytely (Trilyte, Gavilyte)** your prep instructions and/or prep solution is subject to change, please contact our office for updated instructions. Only follow instructions from this office, do **NOT** follow instructions from your pharmacy.

Instructions for prep:

- You must remain on a clear liquid diet all day (day before exam). This starts from the time you get up until Midnight.
- In the morning, prepare the **GOLYTELY** mix for the 6pm evening dose. Fill the container to the **FILL** mark with lukewarm water. Cover and shake to dissolve, then refrigerate.

Beginning at 6:00 PM (Day before Exam):

- Drink **HALF** of the prep solution. You need to drink **one** 8 ounce glass every 15-20 minutes.
- Refrigerate remaining prep solution for morning dose.
- Continue on clear liquids until midnight, then nothing by mouth **EXCEPT** for morning dose.

Beginning at --:-- - 4 hours before your procedure (Day of Exam)

- Drink the **REMAINING HALF** of the prep solution. You need to drink **one** 8 ounce glass every 15-20 minutes.
- Do not have **ANYTHING** to drink for 3 hours before your procedure.

Clear Liquid Diet List

{A clear liquid is any liquid that you can see through}

Nothing RED or ORANGE in color

No milk, Cream or Soy milk in your coffee or tea

No alcoholic beverages please

Please drink as much as possible **IN ADDITION** to your prep solution.

You May Have:

- Clear Soups and Broths (no pasta/veggies) (water based chicken or beef broth is OK)
- Clear Juices: Apple, White Grape, White Cranberry
- Instant Drink Mixes: Iced Tea, Lemonade, Crystal Light, Gatorade, Propel, Pedialyte or other Flavored Waters
- Hard Candy: No Red or Orange (Butterscotch & Root Beer are OK)
- JELL-O Gelatin: Grape, Lime, Berry Blue, Pineapple, Lemon
- Popsicles/Italian Ice: Any Flavor that is **NOT** Red or Orange in color
- Clear Sodas and Seltzer Water (note: these should be limited due to carbonation)
- Tea: Any Kind: Black tea, Green tea, Earl Grey, Oolong, White tea, Herbal tea etc.
- Coffee: Black with sugar is OK, **NO** milk, soy milk or powdered creamers

YOU MAY USE: Sugar, Honey, or Lemon to flavor any liquid.