



**Maryland Digestive  
Disease Center**

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## Golytely (Polyethylene), Nulytely, or Trilyte Patient Prep Instructions for Colonoscopy

**Patient Name:** \_\_\_\_\_

**Date:** \_\_\_\_\_ **Arrival Time for Procedure:** \_\_\_\_\_

**With Doctor:** \_\_\_\_\_

**Location:** \_\_\_\_\_

### **YOU MUST FILL YOUR PRESCRIPTION FOR GOLYTELY, NULYTELY OR TRILYTE.**

You will be given sedation for your procedure and **MUST** have a ride **TO** and **FROM** the examination. You **CANNOT** drive yourself and **MUST** be accompanied by a responsible adult. You **MAY NOT** go home on public transportation alone. Pick up time will be approximately 1 hour after the procedure start time.

In order to be properly prepared for your procedure, please review the Pre-Procedure requirements on the attached sheet **one week** prior to your exam and follow the instructions carefully.

The liquids in the prep will cause you to have repeated loose stools (diarrhea), which is the expected result. These solutions typically work within 30-60 minutes but may take as long as 4 hours to have an effect. During the preparation process, you are advised to have a bathroom nearby. **It is very important that you follow each step and complete all of these instructions or the colonoscopy may have to be repeated.** The bowel preparation will not work properly unless you **drink plenty of liquids.**

Should you have any questions please contact one of our office locations listed below.

***Directions to Ambulatory Endoscopy Center of MD:** Take I 95 to exit 33 A, Route 198 towards Laurel. At first intersection, turn right onto Van Dusen Road. At 5<sup>th</sup> traffic light, make a right into the Laurel Regional Hospital driveway. The Medical Arts Pavilion is on the right. You should report to Suite 230.*

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<p align="center"><b>Appointment Day</b></p> <p align="center">M Tu W Th F</p>	<p>Date _____</p> <p>Arrival Time _____</p>	<p align="center"><b>Capital Digestive Care, LLC</b></p> <p align="center"><b>Maryland Digestive Disease Center</b></p>
<p><b>5 Days Before Procedure</b></p>	<ul style="list-style-type: none"> <li>• <b>Fill prescription for Golytely, Nulytely or Trilyte</b></li> <li>• <b>Read all instructions carefully</b></li> <li>• <b>Discontinue fiber supplements or medications containing iron</b></li> <li>• <b>Discontinue Aspirin, Ibuprofen, Advil/Motrin and Anti-Inflammatory Medicines. You may use Tylenol (Acetaminophen) for discomfort.</b></li> <li>• <b>Discontinue blood thinners/anticoagulation medicines (e.g. Plavix/Coumadin/Warfarin) but take all other medications</b></li> </ul>	
<p><b>3 Days Before Procedure</b></p>	<p><b>Stop eating high fiber foods including:</b></p> <ul style="list-style-type: none"> <li>• Nuts</li> <li>• Corn</li> <li>• Popcorn</li> <li>• Raw fruits</li> <li>• Raw Vegetables</li> <li>• Bran</li> </ul>	
<p align="center"><b>Procedures scheduled <u>BEFORE 12PM</u> follow these instructions:</b></p> <p align="center"><b>1 Day Before Procedure</b></p>	<ul style="list-style-type: none"> <li>• <b>No solid foods today (day before your procedure)</b></li> <li>• <b><u>In the A.M.</u>, begin clear liquid diet the entire day (No red, blue or purple liquids or alcohol)</b>  <b>Examples of clear liquids are:</b> <ul style="list-style-type: none"> <li>➤ Coffee or Tea (no milk or milk products)</li> <li>➤ Clear broth or bouillon</li> <li>➤ Carbonated or non-carbonated soft drinks</li> <li>➤ Fruit juices without pulp</li> <li>➤ Jell-O</li> <li>➤ Popsicles</li> <li>➤ Hard candy</li> </ul> </li> <li>• <b><u>In the A.M.</u>, prepare the solution as follows:</b> Add tap water to fill the jug to the line of the Golytely/Trilyte/Nulytely jug. Shake the jug to mix until all the powder is dissolved. Do not add any other ingredient to the jug. If preferred, refrigerate prior to drinking. <b>(The solution tastes better if chilled.)</b></li> <li>• <b>Drink 6-8 glasses of water throughout the day</b></li> <li>• <b><u>At 5 p.m.:</u></b> Begin drinking one glass of solution every 10 minutes until ½ of the liquid is used. It usually takes 2- 2 1/2 hours. Rapidly drinking each portion is better than drinking small amounts. <ul style="list-style-type: none"> <li>➤ If you feel nauseated during the process, take a break from drinking for 30-45 minutes until your stomach settles and restart the process again.</li> <li>➤ The taste is very salty so some people like using a straw to drink the mixture. This helps get it past the taste buds.</li> <li>➤ Keeping the mixture cold also helps.</li> </ul> </li> </ul>	
<p><b>Day of Procedure</b></p>	<ul style="list-style-type: none"> <li>• 6- 6 1/2 hours prior to the procedure drink the remaining solution. TIME: _____</li> <li>• You should take your heart and blood pressure medication with sips of water</li> <li>• You may have <b><u>NOTHING</u></b> by mouth <b><u>4 hours</u></b> prior to your procedure.</li> <li>• If you are asthmatic, please bring your inhaler with you on the day of your procedure.</li> <li>• If you are unable to read or communicate in the English language, please bring an interpreter with you to translate.</li> </ul>	

<p><b>Procedures scheduled <u>AFTER 12PM</u> follow these instructions:</b></p> <p><b>1 Day Before Procedure</b></p>	<ul style="list-style-type: none"> <li>• <b>No solid foods today (day before your procedure)</b></li> <li>• <b><u>In the A.M.</u>, begin clear liquid diet the entire day (No red, blue or purple liquids or alcohol)</b></li> </ul> <p><b>Examples of clear liquids are:</b></p> <ul style="list-style-type: none"> <li>○ Coffee or Tea (no milk or milk products)</li> <li>○ Clear broth or bouillon</li> <li>○ Carbonated or non-carbonated soft drinks</li> <li>○ Fruit juices without pulp</li> <li>○ Jell-O</li> <li>○ Popsicles</li> <li>○ Hard candy</li> </ul> <ul style="list-style-type: none"> <li>• <b><u>In the A.M.</u>, prepare the solution as follows:</b> Add tap water to fill the jug to the line of the Golytely/Trilyte/Nulytely jug. Shake the jug to mix until all the powder is dissolved. Do not add any other ingredient to the jug. If preferred, refrigerate prior to drinking. <b>(The solution tastes better if chilled.)</b></li> <li>• <b>Drink 6-8 glasses of water throughout the day</b></li> <li>• <b><u>At 5 p.m.:</u></b> Begin drinking one glass of solution every 10 minutes until ½ the jug of solution (<b>2 liters</b>) of liquid is used. Rapidly drinking each portion is better than drinking small amounts. <ul style="list-style-type: none"> <li>➤ If you feel nauseated during the process, take a break from drinking for 30-45 minutes until your stomach settles and restart the process again.</li> <li>➤ The taste is very salty so some people like using a straw to drink the mixture. This helps get it past the taste buds.</li> <li>➤ Keeping the mixture cold also helps.</li> </ul> </li> </ul>
<p><b>Day of Procedure</b></p>	<ul style="list-style-type: none"> <li>• <b><u>At 6 to 8 A.M.</u></b>, Begin drinking one glass of solution every 10 minutes until the remaining ½ jug (<b>2 liters</b>) of liquid is used.</li> <li>• You may have clear liquids up to <b>4 hours</b> before leaving for your procedure.</li> <li>• You may have <b><u>NOTHING</u></b> by mouth <b>4 hours</b> prior to your procedure.</li> <li>• After finishing your A.M. dosing, you should take your heart and blood pressure medication with sips of water</li> <li>• If you are asthmatic, please bring your inhaler with you on the day of your procedure.</li> <li>• If you are unable to read or communicate in the English language, please bring an interpreter with you to translate.</li> </ul>

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You may receive a total of 4 statements; (1) Ambulatory Endoscopy Center (facility services), (2) Capital Digestive Care, Maryland Digestive Disease Center (physician services), (3) Corridor Anesthesia (anesthesia services) and (4) laboratory/pathology charges if performed.

Please note there is a cancellation fee for appointments not cancelled within 48 hours.

