



# Atrium Health

## Begin Clear Liquids

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### No Solid Food the Entire Day Before Your Procedure

Recent data and research has shown that patients who take simethicone (Gas-X) with their colon preparation have better colonoscopy outcomes and more complete colon preparations. The simethicone will help to reduce bubbles in the GI tract which improves visualization. We would ask that you obtain simethicone tablets from your pharmacy and take two (2) tablets with each portion of the split prep. These are inexpensive and over the counter and do not require a prescription. By law, we cannot include these in your prep kit.

### Your Colyte/Golytely/NuLyte/Gavilyte/TriLyte prep

Your test is on: \_\_\_\_\_

You will begin the Prep on: \_\_\_\_\_

You will be using \_\_\_\_\_ to prepare for your test. This sheet will give you step-by-step instructions on how to use the Prep.

#### On the day before your test you will begin the Prep.

- Drink at least 4 large glasses of water during the day.
- Sometime during the early afternoon, you can mix a gallon of the prep solution so it will be cold by the time you need to start drinking it.
  - Add water to the top line of the bottle.
  - If the Colyte came with flavor you chose, put it in the bottle.
  - Put the lid or cap on the bottle, shake it, and put in the refrigerator.
- At **6:00 p.m.** you will begin the Prep.
- Take 2 Bisacodyl or Dulcolax tablets with water.
- At **6:00 p.m.** begin drinking the mixture you made earlier.
- Drink a glass every 15 to 20 minutes until you have finished a half gallon.

#### On the day of your test you will continue with the Prep.

- **Exactly 5 hours before your test**, you will begin to drink the rest of the mixture. This may mean you have to get up early, depending on the time of your test.
- Drink all of the rest of the solution. **It should not take you more than an hour to drink it.**

If you become nauseated or vomit take a 5 to 15-minute break from drinking the Prep. Then try to drink again until all of it is gone.

#### Remember . . .

- **Do not drink anything 3 hours prior to your procedure.**
- After you have finished your prep, your bowel movements should be a clear yellow or a clear green watery liquid. There should be no solid or large parts in it. If it is not clear and watery, you need to call our office to let us know.



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## Your SuPrep prep

Your test is on: \_\_\_\_\_

You will begin the SuPrep on: \_\_\_\_\_

You will be using the SuPrep to prepare for your test. This sheet will give you step-by-step instructions on how to use SuPrep.

### On the day before your test you will begin the SuPrep Solution.

- Drink at least 4 large glasses of water during the day.
- At **6:00 p.m.** you will begin the SuPrep.
- Pour 1 bottle (6 oz.) of SuPrep into the mixing container.
- Add cold water to fill to the 16 oz. line on the container and stir.
- Drink **all** of it.
- Between 6:00 p.m. and 8:00 p.m., you need to drink **2 more** of the 16-ounce container of cool or cold water, within this hour.

### On the day of your test you will continue with the SuPrep.

- **5 hours before** your test you will begin the 2<sup>nd</sup> dose. This may mean you have to get up early, depending on the time of your test.
- Pour 1 bottle (6 oz.) of SuPrep into the mixing container.
- Add cold water to fill to the 16 oz. line on the container and stir.
- Drink **all** of it. It should not take you more than an hour to drink it.
- Over the next 2 hours, you need to drink **2 more** of the 16-ounce container of cool or cold water.

If you become nauseated or vomit, take a 15 to 30-minute break from drinking the SuPrep or water. Then try to drink again until all is gone.

### Remember . . .

- **Do not drink anything 3 hours before your test.**
- After you have finished your prep, your bowel movements should be a clear yellow or a clear green watery liquid. There should be no solid or large parts in it. If it is not clear and watery, you need to call our office to let us know.