4L PEG-Based Preparation (GoLYTELY, NuLYTELY, Colyte, Trilyte)

Discontinue diet medications 2 weeks prior to procedure.

<table>
<thead>
<tr>
<th>7 days before procedure</th>
<th>2 days before procedure</th>
<th>Day before procedure</th>
</tr>
</thead>
<tbody>
<tr>
<td>Read all prep instructions.</td>
<td>Avoid foods with nuts, seeds, raw vegetables, whole corn and fresh fruit.</td>
<td>BEGIN CLEAR LIQUIDS FIRST THING IN THE MORNING!</td>
</tr>
<tr>
<td>Make sure your physician has a list and dosage of your current medications including blood thinners.</td>
<td>Limit red meat.</td>
<td>NO SOLID FOOD, NO ALCOHOL</td>
</tr>
<tr>
<td>Report all defibrillator devices to the office in which your procedure was scheduled.</td>
<td>It would be helpful if you drank a lot of fluids today.</td>
<td>Clear liquid diet ALL DAY!</td>
</tr>
<tr>
<td>Stop herbals, vitamins, and oral iron supplements.</td>
<td>Stop any anti-inflammatory medications (Motrin, Advil, ibuprofen, etc.). Tylenol is ok to use.</td>
<td>In the morning, mix laxative and refrigerate.</td>
</tr>
<tr>
<td>Obtain bowel prep products from your pharmacy.</td>
<td></td>
<td>Beginning at _____ P.M. drink 8 oz. of prep every 15-30 minutes until 1/2 of the solution is consumed. Place the remaining solution into the refrigerator. (optional) 9pm: Take 2 gas tablets with 8 oz. clear liquid (if bloated).</td>
</tr>
<tr>
<td>Confirm that you have a person to stay with you during your procedure and take you home.</td>
<td></td>
<td>Continue drinking fluids</td>
</tr>
</tbody>
</table>

You may take your morning medications except blood thinners, and iron. You can take 1/2 of your usual insulin dose.

Beginning at ______ A.M. _________ P.M.

drink the remaining half of the bowel prep.

- Drink 8 oz. every 15-30 minutes until the solution is gone.
- Continue drinking fluids
- You MUST stop drinking all fluids 6 hours before your procedure.
- The correct timing of this dose is essential to an effective preparation.
- Take insurance cards and picture I.D.
- You must have a driver 18 years old or older. They must remain at the facility the entire time of your procedure. If you do not have a driver, your procedure will be cancelled.

If you think the prep is not working, after 5 pm call 248-544-6959. Do not take more than the prescribed amount of bowel prep.

A FEE APPLIES IF APPOINTMENTS ARE CANCELLED WITHOUT 48 HOURS NOTICE
DAY OF EXAM:

☐ **St. John Macomb Hospital**: Go to Endoscopy Suite, 11800 E. 12 Mile Rd., Warren, **586-573-5000**.

☐ **Michigan Endoscopy Center**: 30055 Northwestern Hwy., West entrance, Suite L60, Lower Level, Farmington Hills, **248-865-6555**.

☐ **Providence Hospital**: Go to the Main Entrance of Providence Hospital, 16001 West Nine Mile Road, Southfield, **248-849-3474**. When you enter the building, go to the registration desk.

☐ **Providence Park Medical Center**: Go to the Outpatient entrance, 47601 Grand River Avenue, Novi, **248-465-4170**.

☐ **Michigan Endoscopy Center (MEC) at Providence Park**: 47601 Grand River Avenue, Suite D, #110, Novi, **248-465-9220**.

☐ **Beaumont Hospital**: Go the north entrance, 3601 West Thirteen Mile Road, Royal Oak, **248-551-5000**. When you enter the building go to the registration desk.

☐ **Beaumont West Bloomfield Center**: 6900 Orchard Lake Rd, Lower Level, Suite 100, West Bloomfield, **248-406-2400**.

☐ **DMC Lahser Campus**: Go the Endoscopy suite, 27207 Lahser Road, Suite 200A, Southfield, **248-359-5575**.

☐ **DMC/Sinai-Grace Hospital**: Go to the main entrance, 6071 W. Outer Dr., Detroit, **313-966-3300**. Take elevators to 4th floor. Follow sign to Endoscopy Unit.

☐ **St. Mary Hospital**: Go to South entrance to information desk, 36475 Five Mile Rd., Livonia, **734-464-8800**.