



Transouth Health Care  
9 Physicians Drive  
Jackson, TN 38305  
Phone 731-661-0086

## COLYTE/GOLYTELY/GAVILYTE INSTRUCTIONS

Start Linzess 72mcg 145mcg 290mcg on \_\_\_\_\_. Take one capsule 30 minutes before breakfast on an empty stomach with full glass of water and continue for 3 days.

**\*Clear liquids ALL DAY the day before your procedure on: \_\_\_\_\_**

**\*\*NO SOLID FOODS THIS DAY\*\***

**“Clear liquids” means liquid without substance. Examples: Water, tea, coffee (no creamer or milk), bouillon, broth, apple juice, white grape juice, ANY soft drinks, Kool-Aid, Gatorade. Hard candy, popsicles, ice and jello (without fruit) are also OK.**

**NO red or purple!! NO orange juice or other pulp-containing juices, tomato juice, milk or ice cream!!**

Prepare and Chill your Colyte solution:

On \_\_\_\_\_ @ \_\_\_ 2 PM take 4 Dulcolax tablets. Then drink at least 8oz clear liquids every hour after that.

On \_\_\_\_\_ @ \_\_\_ 5 PM start drinking the Colyte prep solutions. Drink 8oz every 15-30 minutes until you have consumed HALF the solution.

**\*Continue drinking clear liquids throughout the day! \***

On \_\_\_\_\_ @ \_\_\_\_\_ drink the remaining half of the solution.

**NOTHING TO DRINK AFTER \_\_\_\_\_ (4 hrs before arrival)**

Report to: **9 Physicians Drive Jackson, TN 38305** at \_\_\_\_\_ on \_\_\_\_\_.

- **Bring a DRIVER. Also bring your insurance card, photo ID, and a list of all of your medications.**
- **Notify the doctor if on any blood thinners.**
- **Take any blood pressure, heart, or seizure medications the morning of your procedure. DO NOT take any diabetic medications.**
- **If you have any questions call 731-661-0086**