

INSTRUCTIONS FOR COLONOSCOPY WITH PM/AM TRILYTE PREP

Obtain Trilyte solution from the pharmacy.

ONE WEEK PRIOR TO THE PROCEDURE:

Please do not take aspirin, Advil, Motrin, Aleve, ibuprofen, etc., or vitamin E. Tylenol is o.k. If you take Persantine, Plavix, Ticlid, Coumadin, or any non-steroidal anti-inflammatory drug or diabetes medication, ask your prescribing physician for special instructions and let us know. Please continue to take your medication as usual.

ONE DAY BEFORE THE PROCEDURE:

1. Clear liquids only (see below *)
2. Mix solution following the directions on the container. Shake and refrigerate.
3. At 5:00 p.m. begin taking the solution, 8 ounces every 10 minutes until half the solution is gone. You may feel bloated, but this is normal.
4. A loose, watery bowel movement should result in approximately one hour.
5. **You must** continue drinking clear fluids until bedtime. The more fluids you drink the better your prep will be.
6. It is advisable that you place a large towel under your hip/buttock area at bedtime to prevent any possible leakage of stool during the night from staining your sheets.

ON THE DAY OF THE PROCEDURE:

1. Drink the second half of the Trilyte solution, one glass mixed as above, every 10 minutes until gone **beginning at least three hours prior to the procedure.**
2. Nothing by mouth for _____ hours prior to the procedure.
3. If you take medications, you may take it on the morning of the procedure with a small amount of water. (Call the office if you have any questions about these instructions.

-
- a. CLEAR LIQUID DIET --- ONLY THESE FOODS ARE ALLOWED: DO NOT HAVE ANYTHING RED OR PURPLE IN COLOR.
 - b. **Gatorade and Powerade. We encourage you to drink as much as possible of these two items to prevent dehydration.**
 - c. SOUPS: Clear bouillon, broth or consommé
 - d. BEVERAGES: Tea, coffee, decaffeinated tea/coffee, Kool-Aid, carbonated beverages. DO NOT put any milk or cream in your tea or coffee.
 - e. JUICES: Apple, White grape juice, white cranberry juice, strained lemonade, limeade, orange drink, Gatorade and Powerade.
 - f. ANY JUICE THAT YOU CAN SEE THROUGH IS ACCEPTABLE.
 - g. DESSERT: Water ices, Italian ices, Popsicles, Jello, Sorbet
 - h. You can have up to three cans of Ensure.
-

DATE: _____ TIME: _____ DOCTOR: _____

REPORT TO: () St. Vincent's Medical Center () The Endoscopy Center of Fairfield
2800 Main Street, Bridgeport, CT 425 Post Road, Fairfield, CT

NO DRIVING: You cannot drive, use a taxi alone or a bus alone after the procedure. You must be accompanied by an adult. If this rule is not followed, we may cancel your procedure.

Rev 5/07