

**INSTRUCTIONS FOR COLONOSCOPY  
WITH TRILYTE PREP**

Obtain Trilyte solution from the pharmacy.

**ONE WEEK PRIOR TO THE PROCEDURE:**

Please do not take Advil, Motrin, Aleve, ibuprofen, etc., fish oil or vitamin E. Tylenol is o.k.

If you take aspirin, Persantine, Plavix, Ticlid, Coumadin, Aggrenox, Pletal, Cilostazol 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. Do not add any other solution or flavorings.
3. At 5:00 p.m. begin taking the solution, 8 ounces every 10-20 minutes until 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. Nothing by mouth for \_\_\_\_\_ hours prior to the procedure.
2. 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 questions about these instructions).

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- CLEAR LIQUID DIET --- ONLY THESE FOODS ARE ALLOWED: DO NOT HAVE ANYTHING RED OR PURPLE IN COLOR.
  - **Gatorade and Powerade. We encourage you to drink as much as possible of these two items to prevent dehydration.**
  - SOUPS: Clear bouillon, broth or consommé
  - BEVERAGES: Tea, coffee, decaffeinated tea/coffee, Kool-Aid, carbonated beverages. DO NOT put any milk or cream in your tea or coffee.
  - JUICES: Apple, White grape juice, white cranberry juice, strained lemonade, limeade, orange drink, Gatorade.
  - ANY JUICE THAT YOU CAN SEE THROUGH AND HAS NO PULP IS ACCEPTABLE.
  - DESSERT: Water ices, Italian ices, Popsicles, Jello, Sorbet
  - You can have up to three cans of Ensure.
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DATE: \_\_\_\_\_ DOCTOR: \_\_\_\_\_ ARRIVE AT: \_\_\_\_\_

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.**

*Revised: 05/10*

