

Colonoscopy Prep #6 Trilyte

ANY QUESTIONS CALL Fairfield 203-292-0000
Bridgeport 203-333-3328

Report to () St. Vincent’s Medical Center
2800 Main St., Bridgeport, CT

() The Endoscopy Center of Fairfield
425 Post Rd, Fairfield, CT

Date _____ Arrive at _____ Procedure Time _____ Doctor _____

FILL the attached TriLyte Kit Prescription at the pharmacy as soon as possible.
If Monday procedure please pick up before weekend start.

Do not follow instructions on the bottle, follow the instructions below:



If you take any of the following medications call your Prescribing Doctor and let them know about your upcoming procedure. Your Doctor may want to make changes.

Diabetic Medications: Metformin, Actos, Glipizide, Insulin, etc.

Blood Thinners: Ask your Doctor how long you can be off the following medications before your procedure: Aspirin, Persantine, Plavix, Ticlid, Coumadin, Effient, Aggrenox, Pletal, Cilostazol, Pradaxa, Xarelto, Brilinta, Eliquis, prescribed non-steroidal anti-inflammatory, (Celebrex, Mobic, etc.)

ONE WEEK BEFORE THE PROCEDURE



Advil, Motrin, Aleve, Ibuprofen, Fish Oil, Iron and Vitamin E. Nuts, Seeds, Corn, Popcorn, Metamucil, Citrucel, and Flax Seed (TYLENOL is OK).

ONE DAY BEFORE THE PROCEDURE:

1. **Drink Clear Liquids ONLY** (the more you drink, the better the prep will be) **NO FOOD**
2. At 5 pm Mix solution following the directions on the TriLyte container. Do not add anything to the solution. Start drinking the TriLyte 8 oz every 10-20 minutes until the TriLyte is **half** gone. Save the Second half in the refrigerator for the morning.
3. Expect loose watery bowel movements. You may feel bloated but this is normal.
4. **YOU MUST** continue drinking clear fluids until bedtime. Place a towel under your buttocks at night when you are sleeping.

ON THE DAY OF THE PROCEDURE:

Please do not wear fragrant products.

1. Get up 6 Hours Before your procedure – Finish the rest of your TriLyte drink the same as above.
2. Take your morning medications.
3. **3 Hours before -- STOP DRINKING.**



EXAMPLES OF CLEAR LIQUIDS (Please try to drink 4-6 oz every hour)

Pedialyte, Gatorade, bouillon cubes, broth, consommé, apple juice, white grape juice, white cranberry juice, strained lemonade, crystal light, water, Italian ice, sorbet popsicles, or jello. You may have 1 cup of black tea or black coffee per day.

DON'T HAVE: ONLY WATER



ANYTHING RED or PURPLE
MILK or CREAM

YOU WILL NEED A RESPONSIBLE  RIDE HOME. **NO DRIVING!!!**

Expect to be here for 90 minutes to 2 hours.