

Colonoscopy Instructions

*Trilyte Split Dose Prep
Scheduled before 10 AM*

Your procedure is scheduled for _____

date

ARRIVE at _____ admitting office at _____

Facility

Time

The Day BEFORE the procedure:

- NO Solid Food to eat
- CLEAR liquids only, nothing RED or PURPLE: You may have Coffee or tea (NO cream or milk), chicken or beef broth, any type of soda, Gatorade, Apple Juice, white Grape Juice, plain Jell-O or clear popsicles.

AT:

12:00 Noon – Take 4 Dulcolax tablets, you do not need a prescription to buy these.

3PM- Mix Trilyte according to the package instructions and place in refrigerator.

4 PM- Begin drinking the Trilyte, 8 ounces every 15 minutes until ½ of the bottle or 2 liters is gone.

9 PM- Drink the rest of your prep (1/2 bottle or 2 Liters). Drink 8 ounces every 15 min. until all gone. Your Bowel movements should be liquid and fairly clear by the time you finish.

DO NOT DRINK ANY OTHER LIQUIDS AFTER MIDNIGHT

The Day OF the Procedure:

- **DO NOT DRINK ANYTHING – if you normally take heart or blood pressure medicines in the morning, take them with the smallest sip of water possible.**
- **DO NOT take any IRON, ASPRIN PRODUCTS, IBUPROFEN OR ARTHRITIS MEDICINES for 1 WEEK BEFORE your procedure**
- **IF you are currently taking any BLOOD THINNERS, even ASPRIN please tell Dr. Sarvaria**
- **For DIABETIC patients take only ½ your usual diabetic meds the morning BEFORE your procedure and NONE in the evening before or morning of your procedure.**

******* YOU MUST HAVE SOMEONE TO DRIVE YOU HOME AFTER YOUR PROCEDURE. YOU WILL BE UNABLE TO DRIVE BECAUSE OF SEDATION**