

TRILYTE COLONOSCOPY INSTRUCTIONS

Try to avoid fruits and vegetables for 2 days before colonoscopy.

Medications that must be stopped *FIVE* days before the procedure: Aspirin, Plavix (clopidogrel), Coumadin (warfarin), and NSAIDS (eg: Motrin, Advil, Naproxen, Celebrex, Ibuprofen)

Tylenol, Percocet, Vicodin, Tramadol (Ultram), OxyContin are OKAY and can be continued.

ONLY FOR DIABETICS: *Do not* take insulin or diabetes medications on the day of the procedure. Avoid SUGAR-FREE items on the day before procedure, otherwise you will have low blood sugar.

INSTRUCTIONS FOR THE DAY BEFORE COLONOSCOPY:

You must remain on a CLEAR liquid diet the entire day before your procedure.

Clear liquids include: Water, Strained fruit juices (no pulp) including apple, white grape or white cranberry, Limeade or lemonade, Coffee or tea (do not use any milk/cream, you may use sugar or lemon), Chicken broth, soda, Gatorade (yellow only), popsicles (no red), Jell-o (no red). Please **do not** have any dairy products or **anything red** in color.

Around 10 a.m, create your Trilyte solution and refrigerate if you like it cold.

Fill the plastic container with water up to the fill line. Add flavoring agent (Trilyte flavor packet or Crystal Light or Tang or Koolaid). Close the cap, shake well, and chill in the refrigerator.

Around 2 p.m., start drinking the Trilyte solution

Start drinking the Trilyte solution as tolerated (best way is 8 ounces every 15-20 minutes) until it is finished. You can use a straw or chew gum if you don't like the taste.

If you feel nauseous or bloated, stop and rest

Around 6 p.m., take the 4 Dulcolax (Bisacodyl) tablets and the 4 Simethicone tablets

You may continue drinking clear liquids until midnight.

THE DAY OF THE COLONOSCOPY:

Do not eat or drink anything after midnight. Medications are to be taken **AFTER** the procedure is over.

1. You **CANNOT** drive for the whole day, so you need a ride
2. Take **ONLY** your Blood pressure and seizure medications with a tiny sip of water.
3. Remove **ALL** jewelry
4. If you have asthma, bring your inhalers