

INSTRUCTIONS for COLONOSCOPY

TRILYTE Preparation (Split-PM)

MEDICATIONS:

- Take your usual prescription medications.
- One week before procedure, stop taking iron, aspirin, Advil (ibuprofen), Aleve, Vitamin E or herbal / iron supplements.
- You may take **TYLENOL** (acetaminophen) & other non-narcotic pain relievers prescribed by your physician.
- If you use other prescription pain relievers, ask the doctor or nurse when the last dose can be taken prior to procedure.
- If you take Coumadin or blood thinners, please contact your primary doctor for specific instructions on usage before, during and after your procedure.

You will need to purchase:

- TRILYTE KIT – PRESCRIPTION
- DULCOLAX LAXATIVE (5mg Tablets)
No Prescription Needed

*** DAY BEFORE COLONOSCOPY ***

DATE: _____

AM - Fill the TriLyte container with water to the line indicated on the side of the bottle and refrigerate.

DIET:

- CLEAR LIQUIDS ONLY
- DO NOT EAT ANY SOLID FOODS ALL DAY

CLEAR LIQUIDS INCLUDE:

- Water
- Fruit juices w/o pulps – apple, white grape/cranberry, pineapple
- Clear broth or bouillon (chicken, beef or vegetable flavor)
- Tea
- Sugar and/or Honey
- Gatorade / Special K protein water
- Soda (regular or diet)
- Black Coffee (decaf / regular)
- Jell-O (Green, yellow and orange flavor ONLY)
- Popsicles or Italian Ice
- Kool-Aid or Flavored Drinks
- Hard Candy

DO NOT DRINK RED, BLUE OR PURPLE LIQUIDS

GASTROENTEROLOGY ASSOCIATES

of Northern Virginia, Ltd.

PREP:

TRILYTE SOLUTION

- Starting at 7:00pm, drink an 8oz glassful every 10 minutes until ½ the liquid is gone (2 liters.)
Refrigerate the remainder of the solution.
- If you feel nauseated during the process, take a break from drinking until your stomach settles and restart the process again.
- At 9:00pm, take 4 Dulcolax tablets with water.
- Before retiring, drink at least three (3) 8oz glasses of clear liquids to help prevent dehydration.

*** DAY OF COLONOSCOPY ***

DATE: _____

- At 5:00am, you must drink the rest of the solution, 8oz every 10 minutes.
(This should be taken within two hours)

For PM appointments only:

You are allowed to have a clear liquid breakfast at 7:00am, then **NOTHING TO EAT OR DRINK** after that time.

YOUR PROCEDURE WILL BE CANCELLED IF YOU DO

* Your driver must accompany you to your procedure and stay until the procedure is completed and you are ready to leave. NO TAXI CABS ARE ALLOWED. Do not drive an automobile, operate machinery or drink alcohol for 12 hours after the procedure due to sedating effects of the medications used.

* If you're having a problem with your colonoscopy preparation after hours, please call our main line at (703) 698 – 8960 and the answering service will contact the on call doctor for you.