

PREPARATION FOR COLONOSCOPY

SUPPLIES NEEDED

1. One bottle Trilyte from pharmacy (see attached prescription).
2. Clear liquids.
3. 4 bisacodyl (Ducolax, or ExLax) tablets from OTC pharmacy

SEVEN DAYS BEFORE EXAMINATION

Continue taking all medicines except for the following:

- Metamucil, Hydrocil and other bulk preparations
- Iron supplements
- Aspirin (baby and regular)
- Non-steroidal anti-inflammatory drugs (Ibuprofen, Advil, Motrin, Nuprin, Naprosyn, Feldene, Clinoril and similar medications)
- Coumadin (please discuss this with your physician)
- Plavix (please discuss this with your physician)

Note: 1. Tylenol (Acetaminophen) is safe to take prior to this examination.

2. If you have Diabetes, discuss the management of your diabetes with your doctor. In general, you should not take your usual dose of insulin or diabetic pills on the day of your examination.

3. Arrange for a ride to go home after the procedure.

DAY BEFORE EXAMINATION

1. Stop or decrease the dose of your diabetic medications (please discuss this with your physician/see note above.)
2. You may have nothing but clear liquids, such as apple juice, white cranberry juice, sodas, clear broth or Jello. (avoid red Jello). Coffee and tea are acceptable without dairy products, sweeteners, creamers or sorbitol. No RED or PURPLE LIQUIDS.
3. At 12:00 pm (noon) or as soon as possible thereafter, take 2 Bisacodyl tablets with water. *Do not chew or crush tablets, and do not take within 1 hour of taking any type of antacid.*
4. One hour later (at 1:00 pm) mix the TriLyte solution.
Add lukewarm drinking water to the top of the line on the bottle. Cap bottle and shake to completely dissolve the powder, then REFRIGERATE. Use within 48 hours.
5. Take 2 additional Bisacodyl tablets at 2:00pm.
6. At 6:00 pm, begin taking the solution by drinking one 8 oz. glass every 15 minutes. (Total of 8 glasses or 2 quarts/liters). If your procedure is scheduled in the morning, please finish 2 liters of solution the night before. If your procedure is scheduled in the afternoon, please drink only 1 liter solution the night before, drink the other liter on day of procedure at about 6 hours before your procedure, be sure to finish in 3 hours.

The purpose of the 4 Bisacodyl tablets was to replace 2 liters of Trilyte solution. So after the above, you should have 2 liters of Trilyte solution left, but should also have CLEAR watery bowel movements, the later is an indication that you are ready for your colonoscopy. If you still have solid pieces or cloudy bowel movements, continue to drink the Trilyte solution till your bowel movement is CLEAR (like urine or water).

****It is not unusual to experience some abdominal bloating and nausea during the preparation. It is usually mild and transient, and will be helped by drinking the liquid slowly through a straw.**

DAY OF EXAMINATION

Take nothing by mouth after midnight. You should, however, take your regular morning medications EXCEPT as indicated above. If your procedure is in the afternoon, continue drinking clear liquids up to 4 hrs before your procedure time. Also remember to finish the second half of bowel cleansing solution, starting at 6 hours before your scheduled procedure, and finish in 3 hours.

PLEASE CALL OUR OFFICE IF YOU HAVE ANY QUESTIONS AT 510-548-6555