



DR. YASEEN/DR. NIDEA
COLONOSCOPY PREP INSTRUCTIONS: TRILYTE

QUESTIONS? THOUGHTS? CONCERNS?
Our Endoscopy Navigator is available to help you navigate your way through this.
574.204.6904.

<u>1 WEEK PRIOR TO YOUR PROCEDURE</u>	<u>3 DAYS PRIOR</u>	<u>1 DAY PRIOR</u>	<u>PROCEDURE DAY</u>
<p>IF you have any of the following conditions, please call office one week prior to discuss with endoscopy navigator. In some cases, special considerations or adjustments need to be made.</p> <ul style="list-style-type: none"> • <u>Diabetes</u> • <u>Artificial Heart Valves</u> • <u>History of Joint Replacement</u> • <u>Currently taking blood thinning medication</u> • <u>Pacemaker or Defibrillator</u> • <u>Chronic Constipation</u> <p>STOP ANY IRON SUPPLEMENTS ONE WEEK PRIOR</p> <p>DO NOT TAKE ANY NSAIDS OR ANTI-INFLAMMATORY MEDICATIONS 2 DAYS PRIOR (This may increase risk of bleeding if polyps removed). YOU MAY USE TYLENOL FOR PAIN RELIEF. IF YOU ARE ON NSAIDS OR ANTI-INFLAMMATORY MEDICATIONS FOR A CHRONIC CONDITION, PLEASE DISCUSS WITH ENDOSCOPY NAVIGATOR BEFORE DISCONTINUING.</p>	<p><u>BEGIN LOW FIBER DIET</u></p> <p><i>Please see attached sheet. Eat foods in green section. <u>Avoid ALL foods in red section.</u></i></p> <p><u>TRANSPORTATION</u></p> <p><u>MUST HAVE A DRIVER</u> 18 years or older PLAN TO STAY 2-2 ½ hrs (from time of arrival)</p> <p></p> <p>You will be given medication to make you comfortable and therefore <u>you will be unable to drive.</u> Without a driver, we will be forced to reschedule.</p> <p><u>CANCELLATIONS:</u> <u>AVOID POSSIBLE FEES!</u> Call as soon as possible if you cannot keep appointment.</p>	<p><u>CLEAR LIQUID DIET ONLY!</u></p> <p></p> <p><u>DIET INSTRUCTIONS</u> Drink from list on back of this form. NO SOLID FOOD Only clear liquids from time you get up today until 6 PM when you begin Step 1 of Bowel Prep (see below).</p> <p><u>EXPECT A CALL</u> Our Surgery Center Staff will be contacting you to complete their medical preparation notes.</p> <p><u>TRILYTE INSTRUCTIONS</u> <u>Add water to fill line on gallon jug and place in refrigerator to chill (as directed on the bottle)</u> <u>NOTE: Do not add water any sooner than day before colonoscopy.</u></p> <p>Step 1: 6-8 PM Drink HALF of Trilyte solution</p> <p><u>After you finish, only drink water, 7UP, Sprite, Sierra Mist or Ginger Ale through the night</u> <u>No other clear liquids.</u></p>	<p>Step 2: _____</p> <p><i>Drink other HALF of Trilyte solution. You must drink <u>ALL</u> of the solution and finish within 2 hours. Once you finish, do not have anything else by mouth, <u>even water, unless you take morning medications.</u></i></p> <p><i>IF YOU TAKE MORNING MEDICATIONS: Take with few sips of water, ONE hour after finishing prep. Then <u>NOTHING</u> by mouth.</i></p> <p><i>Note: After you have completed your prep, your bowel movements should be in the clear liquid state (typically clear or yellowish). Please call our office if that is not the case. NOTE: It may take a couple of hours after drinking last dose of prep to finish cleanse. Call with problems at _____</i></p> <p># _____</p> <p><u>BE SURE TO BRING:</u></p> <p>Co-Pay</p> <p>Insurance Card</p> <p>Valid Picture ID</p> <p>Medication list</p> <p>Signed Patient Rights</p>

CLEAR LIQUID DIET
(Day Prior to Procedure)

TRILYTE TIPS

Note: NO LIQUIDS THAT ARE RED IN COLOR

Soups

- Bouillon (Beef, Chicken, or Veg.)
- Broth (plain)

Desserts

- Jell-O (except red)
- Popsicles (except red)

Beverages

- Apple Juice
- Black Coffee
- Tea (green or black)
- Gatorade/Sports Drinks (except red)
- Lemonade (no pulp)
- Pop/Carbonated Soft Drinks (Coke or Pepsi are okay)
- White Grape or White Cranberry Juice

CAUTION

Do not consume alcohol, as it can result in renal disease and dehydration.

In addition, you may have the following:

- Hard Candy (not red)
- Sugar
- Honey
- Salt
- Syrup

NOTE: After you begin bowel prep at 6 PM, limit clear liquids to water, 7 UP, Sprite, Sierra Mist or Ginger ale through the night, and until Step 2 is completed. After Step 2, you will have nothing by mouth, even water.

- To improve the taste, mix your Trilyte solution in the morning with water and refrigerate until 6 p.m.

- Use a lemon drop candy in between sips.

- Use a straw to avoid as much contact as possible with your tongue.

- Do not “force” yourself to drink all the Trilyte prep solution all at once. Drink at your own pace over the 2 hour period.

