

Colonoscopy Prep Instructions-PM

Trilyte/Dulcolax

Obtain a Trilyte Prep Kit from your pharmacy (you will need a prescription). Buy Dulcolax tablets at the pharmacy.

- Avoid nuts, seeds, or corn for at least two days before the procedure.
- Blood thinner medications (Coumadin, Plavix) and iron pills will likely need to be stopped for several days before the procedure. Discuss this with your doctor beforehand.

Day before the colonoscopy:

- You may have a light breakfast and lunch before 12:00 noon.
- After 12:00-Drink only clear liquids. Examples are water, clear juice (apple, white grape), lemonade, clear broth, black coffee or tea, Gatorade, soda, jello (avoid red flavors). No alcohol, orange juice, milk, or cream soup. Drink at least ten glasses of liquids during the day.
- Fill the Trilyte jug with water to the fill line and refrigerate.

The day of the procedure:

- At 5:00 am take 2 Dulcolax pills with water.
- At 7:00 am start drinking the Trilyte. Drink half of the container (8 glasses) over the next three hours. If you are not passing clear yellow liquid after this then you should continue drinking the rest of the Trilyte until you do.
- Take your usual heart and blood pressure medications with a sip of water at least two hours before the procedure is scheduled to start. If you take medication for diabetes it will have to be adjusted-discuss this with your doctor beforehand.
- You may not have anything at all by mouth for two hours before the procedure. If you do your procedure may be cancelled.
- Someone must be available to drive you home after the procedure.

Arrive a half hour before the procedure (_____) with your insurance cards and a written list of your medications. Please leave jewelry and valuables at home.

These instructions will insure a good prep and a safe and accurate colonoscopy. If you don't follow them your procedure will probably be cancelled. If you have any questions about any of these instructions please call us. Thank you.