

ARIZONA DIGESTIVE HEALTH

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(602) 279-3575

TriLyte or Colyte Solutions for Colonoscopy

Procedure Date: _____ Procedure Time: _____ Check- In Time: _____

Your procedure is scheduled at:

North Valley Endoscopy Ctr
15255 N 40th St., Bldg 8, Ste 157

* Because you will be receiving sedation, YOU MUST HAVE SOMEONE DRIVE YOU HOME from the facility.

PURCHASE THE FOLLOWING SUPPLIES AT YOUR LOCAL PHARMACY:

- 4- Dulcolax **Laxative** Tablets (overnight relief) containing 5 mg of bisacodyl each (**NOT** Dulcolax stool softener)(Generic is ok)
- TriLyte or Colyte Solution (prescription provided). Do not add any other ingredient to the prep except water

FOUR (4) DAYS BEFORE TO YOUR PROCEDURE STOP TAKING THESE MEDICATIONS:

- Aspirin & Baby Aspirin.
- Blood Thinners including:** Plavix, Eliquis Coumadin/Warfarin, Xarelto, Brilinta, Pradaxa, Clopidogrel, Effient, Prasugrel and Aggrenox.
- Iron medications or supplements, or vitamins containing iron
- Please CONSULT with your physicians or Pharmacist regarding other medication you are taking if you are not sure if they are blood thinners.

THREE (3) DAYS BEFORE YOUR PROCEDURE: Begin a light diet.-Stop eating all nuts, seeds, popcorn and red meat.

DAY BEFORE PROCEDURE:

- Begin a CLEAR LIQUID DIET, NO SOLID FOOD** all day.
- In the morning, mix your TriLyte or Colyte solution as directed, and place in the refrigerator to chill.
- At noon, take four (4) Dulcolax tablets by mouth. You must consume 48oz (6- 8oz glasses) of water throughout the day to stay hydrated.
- Between 4:00-5:00p.m., begin drinking the **TriLyte or Colyte** solution; you will need to drink one 8oz cup every 20 minutes. Stay close to the bathroom, as this medication causes diarrhea.
- You must complete all 4 liters of the prep solution
- You may continue to have water until Midnight then you must stop until after your procedure.

Clear Liquid:

- Gatorade, Pedialyte or Powerade
- Clear broth or bouillon
- Coffee or tea (no milk or non-dairy creamer)
- Carbonated and non-carbonated soft drinks
- Strained fruit juices (no pulp)
- Jell-O, popsicles, hard candy (no red or purple)

Not Clear Liquid:

- NO RED OR PURPLE OF ANY KIND**
- No alcohol
- No milk or non-dairy creamers
- No noodles or vegetables in soup
- No juice with pulp
- No liquid you cannot see through

MORNING OF YOUR PROCEDURE:

NOTHING to drink or eat after MIDNIGHT! If your procedure is between noon and 3:00p.m. You may have very small sips of clear liquids (NO RED OR PURPLE) up to **6 hours** prior to your appointment

SPECIAL INSTRUCTIONS FOR MEDICATIONS:

- HEART/BLOOD PRESSURE MEDICATIONS** - May be taken the day of the procedure with a small sip of water.
- DIABETIC MEDICATIONS** - The day before your procedure take ½ your morning dose, **Do Not Take** any diabetic medication the evening before or the morning of your procedure.

COLON CLEANSING TIPS

- Stay near a toilet! You will have diarrhea which can be quite sudden.
- Even if you are sitting on the toilet, continue to drink the cleansing solution every 15 minutes.
- If you feel nauseous or vomit, rinse your mouth with water, take a 30-90 minute break, then continue drinking the cleansing solution.
- You will be uncomfortable until the stool has flushed from your colon (in about 2 to 4 hours)
- You may suck on a few hard candies (NO red).
- Alcohol-free baby wipes or Vaseline may help ease skin irritation.
- Over-the-counter hydrocortisone creams, hemorrhoid treatments or Tucks medications may be used as desired.