

DIGESTIVE DISORDER ENDOSCOPY CENTER

Colonoscopy Preparation – 2 Liter Trilyte / Colyte

You may have **ONLY CLEAR LIQUIDS** the day before your procedure; Broth, Gatorade, Popsicles, Jello (except reds, purple or blue colored) Sprite, Seven-Up, Tea and Black Coffee are all acceptable. If you can see through it, then you can have it. If you **CANNOT** see through the liquid, you cannot have it. **PLEASE** do not have anything that is colored **RED** or **PURPLE**. This may interfere with your test.

If Bisacodyl or Dulcolax tablets are included – take the 2 tablets as early as 12:00 PM

2:00 pm – Take one gallon of Trilyte or Colyte. **Drink** 8 oz every 15 minutes until ½ of the gallon is completed. Drink this as cold as you can tolerate it. This will improve the taste and help it go down easier. A straw may also be helpful

4:00 pm – Repeat the same instructions to finish the other ½ gallon

- 1. If you are taking any medication for Heart, Lung, Blood Pressure or Seizures, you should continue to take these even on the day of your procedure.**
- 2. Do NOT take any aspirin or medications that contain iron for 5 days prior to the procedure. Medications such as Advil or Ibuprofen should NOT be taken for at least 24 hours prior to your test. Do NOT take any arthritis or anti-inflammatory medications. You may take Tylenol.**
- 3. If you are taking blood thinners (Coumadin, Plavix, etc.) please consult your prescribing physician before the procedure to determine if you are able to stop and when to stop the medication**
- 4. If you are an insulin dependent diabetic, please take only ½ of your normal insulin dosage the day before your exam. Do NOT take any insulin the day of your exam until your test is completed. If you are taking oral diabetic pills, take it the day before you exam, but DO NOT take any on the day of your exam until after your test is completed. Diabetics should check their blood sugar the morning of the exam and consult with your regular physician for any additional instructions**

You **MUST** have someone stay with you during your procedure and drive you home after your procedure. You will be very drowsy and will not be allowed to drive home alone.

If you are unable to tolerate the prep liquids, or if your stools are not clear, call the office at 423-698-3999 for other instructions. It is very important that your colon is clear before the procedure; otherwise it will need to be rescheduled for another day.

DAY BEFORE EXAM: DIET SHEET

YOU MAY CHOOSE FROM THE FOLLOWING CLEAR LIQUIDS
NO SOLID FOOD OTHER THAN THOSE LISTED THE DAY BEFORE THE SCOPE

- ❖ Soft drinks (Orange, Ginger ale, Cola, Sprite, 7-Up, Gatorade)
- ❖ Strained fruit juice (without the pulp) – Apple, White Grape, Lemonade, Orange)
- ❖ Water, Tea, Coffee (NO milk or Cream)
- ❖ Fat free, Low sodium chicken or beef bouillon or broth
- ❖ Popsicles, Italian Ice (NO sherbets or fruit bars) NO red or Purple

DRINK 1 GALLON OF FLUIDS THROUGHOUT THE DAY

Gatorade or Powerade is suggested to help maintain your electrolytes. You may need to moderate your workload, and avoid any hard or strenuous tasks, since you may become tired and weak during the colon prep.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT

Since the bowel prep will cause diarrhea, you may wish to use baby wipes or Tucks pads instead of toilet paper. You may apply a protective cream such as calmoseptine, Vaseline, etc to the anal area after each bowel movement to help protect the skin and decrease irritation and pain