

Colonoscopy

TRILYTE Same-Day Instructions



Procedure date: _____ Check-in time: _____ GI physician: _____

Diabetic patients:

Day prior to procedure:

- If you take insulin (pills or injection) take ½ dose the night before your procedure.

Day of procedure:

- Do not take any diabetic medication the morning of our procedure.
- Bring your medication with you to procedure.
- You may take your medication following your procedure, after you have eaten.

Transportation:

- Please make arrangements to have someone drive you to and from the designated location for your procedure.
- **You will not be allowed to use any form of public transportation following your procedure, which includes:** Taxi, Bus, Ride-share service, Uber, Lyft and the like.
- You will be under sedation during your procedure and will be unable to work, drive or operate heavy machinery the day of your procedure.

Day of procedure:

- Bring the list of medications that you take.
- Please leave your valuables at home or with the person accompanying you.
- Please do not wear any eye makeup.

5 Days prior to procedure:

Pick up your TRILYTE prescription from your local pharmacy.

Do not take any of the following for five days prior to procedure:

- Coumadin, Plavix, any other Anti-Coagulants.
- Anti-platelet or Iron products.
- **Arthritis medicine to include:** Advil, Aleve, Motrin, or Ibuprofen.
- Tylenol products are okay to take as directed.

Day prior to procedure:

Breakfast, lunch and dinner – you can have clear liquids only:

Clear liquids:

- Gatorade, pedialyte or powerade
- Clear broth or bouillon
- Coffee or tea (no milk or non dairy creamer)
- Carbonated and non-carbonated soft drinks
- Kool-aid or other fruit-flavored drinks
- Strained fruit juices (no pulp)
- **Jell-O, popsicles, hard candy**

Not clear liquids:

- No red or purple items 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

1 _____ a.m./p.m. Mix your solution and refrigerate. Add lukewarm drinking water to the top line of the bottle. Cap the bottle and shake to dissolve the powder. The mixed solution will be clear and colorless Do not add anything to the solution other than the provided flavor packs.

2 _____ a.m./p.m. Drink at least half of your solution. Once you begin to drink the solution, drink one 8oz glass every 10 minutes (8 glasses). Drink each glass quickly rather than drinking small amounts continuously. A watery bowel movement should begin in approximately one hour. Be sure to drink at least half of the solution. If your stool isn't clear, continue to drink the solution until clear. If you are not properly cleansed out for your procedure, you may have to be rescheduled. You will have loose bowel movements for about 1-2 hours after drinking the solution, Initially, you may feel bloated. It will get better after bowel movements. If you feel nauseated, you may slow down some (8oz every 20-25 minutes). If you vomit, stop drinking, re-refrigerate the solution, and resume drinking again after 20 minutes.

3 Nothing to eat or drink after midnight.

Day of procedure:

- You must have someone drive you home after your procedure. You will be sedated for your procedure and will be drowsy for several hours after the procedure.
- You may not work or drive for 12 hours after your procedure.



Your procedure will be conducted at the facility indicated below:

8155 E. 1st Ave
Denver, CO 80230