

## COLYTE / TRILYTE WITH FLAVOR PACKS INSTRUCTIONS

It is advisable that someone be with you during this preparation process for safety reasons

- A. Approximately two to three days before the procedure we advise you to eat on the lighter side avoiding fruits and vegetables – drink lots of liquids – light diet consists of chicken, fish, pasta, white bread, etc.
- B. **The day before the procedure:** (this is your prep day)
1. You may eat a light breakfast and lunch
  2. You may take all of your usual medications **except blood thinners** (Coumadin, Persantine etc.) and **aspirin type products** ( Advil, Motrin, Ibuprophen, ect.) which should have been stopped prior to the procedure.(See below)
  3. Restrict your diet to clear liquids only after lunch – water, clear fruit juices, bouillon, jello (*avoid red jello*). *No solid foods, milk, or milk products.*
  4. Mix the **Colyte /TriLyte with Flavor Packs** according to the instructions and refrigerate. (Enclosed is a prescription for the **Colyte / TriLyte with Flavor Packs**)
  5. At 4:00 pm begin drinking the **Colyte / TriLyte with Flavor Packs**; drink a large glass (about 10 oz.) every 10 minutes, and continue drinking until the bottle is empty. It should not take more than two (2) hours to drink the **Colyte / Trilyte**. The entire contents must be finished by 6:00pm.
  6. At bedtime, please take (4) dulcolax tabs (**over the counter product**)@ 10:00pm.
  7. Do not eat or drink anything after midnight.
  8. **DO NOT OMIT ANY PART OF THE PREPARATION – A poor preparation may cause a polyp or cancer to go undetected.**

**On the day of the procedure:** *do not eat or drink anything.* However, you may take your routine medications (cardiac/hypertension) with small sips of water. **Bring inhalers with you.**

### **IMPORTANT**

\*If you take blood thinners, e.g., aspirin, Ecotrin, Persantine, dipyridamole, Feldene, **Plavix**, Trental, Voltaren, Vioxx, Daypro, Vitamin E, Multi-Vitamins, all herbal supplements e.g. Omega III (fish & flaxseed oil) Gingko, Celebrex, Mobic, Bextra or non-steroidal anti-inflammatories, e.g., Motrin, Advil, Aleve, Ibuprofen, etc. they **MUST** be stopped **ONE (1) week** prior to the procedure.

\*If you take the blood thinner **Coumadin** (Warafin), please call your physician to ask for permission to stop this **Five (5)** days prior to the procedure.

\*If you take antibiotics prophylactically for any dental procedure, please notify this office. *Note: Mitral Valve Prolapse is no longer considered to be an indication for antibiotic prophylaxis for a colonoscopy or upper endoscopy*

\*If you have a **cold (upper respiratory infection)** days prior to this procedure please call this office perhaps cancellation and rescheduling will be necessary.

We request that you speak with either your internist or cardiologist and notify him/her that you are about to undergo a full colonoscopic evaluation. His/her medical input is important to us for your care and direction throughout your procedure.

### **PREGNANCY**

If there is a chance, no matter how slim, that you could be pregnant, we **MUST** be notified and your colonoscopy will be rescheduled to a later date.

**INSULIN DIABETIC** please check with your medical doctor on **INSULIN DOSE**; for the day of your preparation; we recommend your colonoscopy be first in the morning with **NO** insulin on board, bringing your insulin with you but please check with your medical doctor.