

TRILYTE  
PREPARATION FOR COLONOSCOPY  
SIERRA NEVADA GASTROENTEROLOGY  
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You are scheduled for a COLONOSCOPY on \_\_\_\_\_ at the location checked below. To prepare for the exam, please fill the prescription given to you at a pharmacy/drug store.

\_\_\_\_\_ **Sierra Endoscopy Center, Inc.** 300 Sierra College Drive, Ste. 105 Grass Valley, CA.

Two business days prior to your procedure, a staff member will call you to provide any special instructions and advise you what time to arrive at the Center. If you have questions or need to change your appointment, call **530-272-0527** (press 4).

\_\_\_\_\_ **Sierra Nevada Memorial Hospital**, 155 Glasson Way, Grass Valley, CA.

The day prior to your procedure, a staff member will call you before your exam and to provide any special instructions and advise you what time to arrive at the Hospital. If you have not heard from a nurse by 4:00 PM, or if you have questions, call 530-274-6615. If you need to change your appointment, call **530-273-3377** (press 4).

**PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY TO PREPARE FOR YOUR COLONOSCOPY:**

1. **5 Days before exam:** Do not take any Vitamin E, ginkgo biloba, arthritis medicines or NSAIDS (aleve,advil,motrin, and ibuprofen). Tylenol is OK to take.

COUMADIN \_\_\_\_\_ PLAVIX \_\_\_\_\_

2. **Three days before exam:** Eliminate any foods containing seeds from your diet. berries, bananas, whole grain breads, poppy seeds, tomato, etc.

3. **Day before exam:**

A. Force clear liquids for the entire day today. Drink at least one 8oz. glass of clear liquids every 1 ½ hour to 2 hours until bedtime. NO ALCOHOL.

B. May have breakfast by 9:00 a.m.

C. May have a light lunch by 12 noon.

D. After 12 noon, you may drink clear liquids only. Nothing Red or Purple. NO ALCOHOL. (See Clear liquid on back of this sheet.)

E. At 12:00 PM fill Trilyte jug to the fill line with water mix well and place in refrigerator

F. At 6:00 PM consume first dose of Trilyte, 1 glass every 15 minutes until half of jug is consumed.

G. Diabetic patients: Do not take any oral diabetic medication today (day of prep) or tomorrow morning (day of exam). If you take insulin, take ½ of usual AM dose and NO pm insulin today. Take NO INSULIN the day of the procedure until after procedure.

H. You may want to use Vaseline on your anal area to help prevent irritation and burning from your prep.

**Day of exam**

1. At \_\_\_\_\_ (note the time instructed by the person who called you), prepare and take the 2<sup>nd</sup> dose of Trilyte. The same as you did yesterday. (see item F above) You must have taken this dose at least 5 hours before you arrive for your exam.

2. At \_\_\_\_\_ (note the time instructed by the person who called you), STOP all liquids. You must stop taking all liquids 4 hours before arriving for your exam. PATIENTS ON BLOOD PRESSURE OR HEART MEDICINE: Take morning blood pressure pills or heart medicine with a **SIP** of water before you leave home.

**DIABETIC PATIENTS: Do not take any oral diabetic medication or insulin today.**

You **MUST** have someone else available to drive you home! Also, you will need someone to look after you for **12 hours after** the exam.

**Additional instructions (if any):**

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**Light Meal Suggestions:**

**Breakfast:**

Entrée: One egg, boiled or poached, and a slice of white toast

**OR** a small bowl of cereal (without seeds or nuts) with milk

Beverage: Any clear liquids from the “Clear Liquids Suggestions,” below

**Lunch:**

Entrée: 3 ounces skinless chicken, turkey, fish, or seafood

**OR** 1 large or 2 medium eggs, boiled or poached

Fruit: ½ cup applesauce

Starch: 2 slices white bread

**OR** 1 cup rice

**OR** 1 small skinless potato

Dessert: 4 vanilla wafers

**OR** ½ cup sherbet

Beverage: Any clear liquids from the “Clear Liquids Suggestions,” below

**REMEMBER –**

**NO SOLID FOOD AFTER 2:00 PM THE DAY BEFORE YOUR COLONOSCOPY EXAM!**

**NO LIQUIDS (OR SOLID FOOD), INCLUDING WATER, BEGINNING 4 HOURS BEFORE YOUR EXAM!**

**Clear Liquids Suggestions:**

**We define a “clear liquid” as a liquid you can read a newspaper through, for example:**

- 7-Up and ginger ale
- Water
- Apple juice, **WHITE** cranberry juice, and **WHITE** grape juice
- Low sodium vegetarian, chicken, or beef broth
- Jell-O – e.g., lemon, peach, and lime (**NOT** red or purple – e.g., **not** strawberry, cherry, and grape)
- Tea is okay, but **NO ALCOHOL**. If you need caffeine, Mountain Dew or Black Coffee.
- Popsicles and hard candy also are acceptable – but **NOT** red or purple!