



Split-Dose TriLyte/Gatorade Prep for Colonoscopy

Please read thoroughly and follow instructions precisely. If your prep process is not complete and your colon is not thoroughly prepped then the physician will not be able to complete your procedure. Please note: You MUST have your driver present with you in the office to drive you home after the procedure.

****Stop** all fiber and iron supplements one week prior to the procedure. **NO** nuts or seeds for 3 days prior.

****Stop blood thinners such as Coumadin, aspirin, and plavix five (5) days prior to the procedure.** Stop all non-narcotic pain medications (ie motrin, ibuprofen, advil) for five (5) days prior to the procedure. Tylenol, tramadol, or Celebrex are OK.

****If you have diabetes, do NOT** take your oral medications the morning of the procedure. If you take insulin, reduce the evening dose BY HALF the night before the procedure. **Do not** take any insulin the morning of the procedure.

Two days prior to the procedure: Full Liquid Diet (see reference sheet). At 12 Noon: **Mix** Miralax powder 238g bottle with 64 oz Gatorade/Crystal Light (NO red, orange, or purple flavors) **DO NOT POUR OVER ICE**. At **4pm** start drinking until finished (usually 8oz every 15-30 minutes)

The Day prior to the procedure:

1. **Clear liquid diet the ENTIRE day.** This consists of coffee/tea (no milk or cream), soda, beef/chicken broth, jello, popsicles, Gatorade, PowerAde, etc. No red, orange, or purple-colored flavors. You may have as much clear liquids as you wish that entire day. **NO solid foods or dairy.**
2. Beginning **at 12 Noon:** Mix TriLyte powder as directed.
3. Beginning **at 4PM:** Start to drink **half** of the solution. Drink at your own pace (usually 8oz every 15-30mins) until you have completed **half** of the solution. It is best NOT to drink this quickly. If you start to feel nauseated, STOP drinking the solution. Wait until you feel better, then resume drinking the remainder of the solution. It is VERY important to drink the entire solution--The cleaner your colon is, the more accurate the test will be!

The Morning of the procedure: Please NOTE: For your safety your stomach must be empty to receive anesthesia. **DO NOT** have anything AT ALL by mouth (including NO WATER, NO GUM, NO CANDY) after midnight the night prior to your procedure.. You may brush your teeth. You may take your blood pressure or anti-seizure meds **3** hours prior to your procedure with a **SIP** of water.

1. Drink the remaining half of the solution **6 hours prior** to the time of your procedure. Finish this within an hour. **DO NOT** eat or drink anything else. **You may take any necessary medications (ie heart/blood pressure meds or anti-seizure meds) with a small sip of water 3hrs before the procedure. NO gum, mints or candy!** You may brush your teeth that morning.
2. Wear comfortable, easily removable clothing. Leave jewelry and valuables at home.
3. You **MUST** have someone **present with you** at your appointment to drive you home after the procedure. You may **NOT** take a cab home because you will be under anesthesia for this procedure. **These policies are in place for your safety.** You and your ride home should plan on being with us for approximately 2hrs. If you do not have a ride home that is present with you in the office we will have to reschedule your procedure. If you need to use a medical transport service, let us know in advance and we can help to arrange one. The service we usually use costs approximately \$30 one way.

Tips/helpful hints:

1. Plan to remain near toilet facilities after you begin to prep. Some patients begin having stools soon after beginning their prep; other patients find that it takes a few hrs before their first stool. Most patients will be finished using the bathroom and be ready for bed by 11PM or so.
2. If you need to, apply Vaseline or A&D ointment to the skin around your anus after every bowel movement. This will help prevent irritation. Using Wet Wipes or soft toilet paper (ie Charmin Plus) also helps.
3. Purchase the TriLyte a few days prior to the procedure.
4. If you have any questions, please call **the office at 404-299-1679.**

Report To: 2675 N. Decatur Rd, Suite 506 or Dekalb Medical Center (Go through ER)

As a courtesy we will file your insurance for your Physician's Services and Dekalb Endoscopy Center charges. Your insurance carrier will process these according to your plan. Anesthesia services and Pathology Services are billed separately.