

GASTROENTEROLOGY SPECIALISTS OF GWINNETT, P.C.

TRILYTE PREPARATION INSTRUCTIONS

If you have received these instructions at an office visit and they have already been reviewed with you, you may schedule your procedure with the front desk. Please read the instructions again when you get home and if you have questions, please call our office at 770-495-8300.

If you have received these instructions in the mail or picked them up at our office but have not had them reviewed with you, please call our office after you have read them at 770-495-8300. We will review the instructions with you at that time, answer any questions you might have, and schedule your procedure. Please have a list of your medications handy. Also, please be sure our office has a copy of your recent insurance card and is updated regarding any changes in your address or telephone number.

The following instructions are provided to ensure that your bowel is adequately cleaned for your colonoscopy examination.

DIET

One week prior to your examination, stop taking any aspirin or 100% iron tablets until after your procedure. Vitamins with iron and Tylenol may be taken.

PREPARATION

1. The morning of the day before the exam, put the TriLyte powder in a gallon jug (a washed milk jug is fine), add one quarter of lukewarm water and shake well. Then, add three quarts of cold tap water. If you prefer to drink chilled liquids, mix it early in the morning and then refrigerate. Otherwise, you may mix it just before drinking.
2. Begin drinking the **TriLyte** between 12:00 pm and 6:00 pm and drink 8 ounces of **TriLyte** solution every 15 to 20 minutes. If you begin feeling full or have difficulty with the solution, you may stop for 30 to 60 minutes and then resume the solution at a slower pace. You may chew gum or eat hard candy if the taste bothers you.
3. Stay close to a bathroom as your bowels may begin to move in an hour or so. Walk about, roll from side to side, and exercise your abdominal muscles to encourage them to move.
4. After the preparation you may continue to drink clear liquids which DO NOT CONTAIN SUGAR, yet you may use artificial sweeteners.

DAY OF TEST

The day of the test, DO NOT EAT OR DRINK ANYTHING until after your test unless specifically instructed otherwise. Medications you may take the morning of the procedure include:_____.

Take these with a sip of water when you first get up. Plan on taking the remainder of your medications following the examination, unless instructed otherwise. It is necessary to BRING A DRIVER for the trip home, and plan to rest the remainder of the day. You should not plan to work or drive until the day following the examination.

BACKGROUND

Colonoscopy is an examination of the inside of the large intestines by means of a flexible tube attached to a source of light. The doctor is able to see the lining of the large intestine clearly through this tube. After completing the preparation at home, come to the hospital or endoscopy center as instructed, where you will change into a gown, the test will be explained more fully to you, and you will be given an opportunity to ask questions. The nurse will then insert a small needle into your vein to administer intravenous solution and medications. You will receive medicine through your IV before and during the procedure to make you relaxes and comfortable. During the examination, you will be lying on your left side on a stretcher bed.

After you are adequately sedated, the doctor will examine your rectum and insert the lubricated tube. During the procedure, you may experience crampy sensations similar to gas pains. These are due to the air put into your intestines through the tube in order to facilitate the examination. You may also feel the need to move your bowels due to the presence of the tube and air. You are free to expel air as needed for your comfort. Any remaining laxative solution or excess air can be suctioned out through the tube by the physician.

When the exam is over, you will rest in the recovery area until you are fully awake and the doctor will explain the results of the exam to you and your family before you leave. You will be given discharge instructions regarding your diet, activities, precautions, and timing of follow-up discussion regarding any specimens obtained during the examination. You should be able to resume your usual activities the day following the procedure.

If any biopsies or polyps are removed at the time of the examination, they will be sent to the pathology lab for analysis.

Our office will pre-certify your procedure with your insurance company and will call you if any difficulties are encountered.

LOW FIBER DIET: (2 DAYS PRIOR TO COLONOSCOPY):

Soups: Broth, cream soups, tomato, chicken and white rice, noodles

Meats/Protein: Any soft or easy to chew meat or fish.

Vegetables: Potatoes with skin, tomatoes and tomato juice, beets, carrots, mushrooms, pumpkin, yellow squash, turnip greens, spinach (cooked), asparagus tips.

Fruits: All juices without pulp, cooked or canned fruits applesauce, apricots, pears, cherries, peaches, bananas, citrus fruit without membrane.

Cereal: Refined, cooked or ready to eat oatmeal.

Starches: Biscuits, rolls, crackers or bread made from white flour, plain doughnuts or English muffins, plain macaroni noodles or spaghetti, white rice, plain waffles or pancakes, saltines.

Cheese/Eggs: Cottage cheese, cream cheese, mild cheese such as American or Swiss. Yogurt without fruit. All eggs except fried.

Desserts: Plain cake, cookies, gelatin, ice cream, pudding, sherbet, pie made from allowed foods.

Beverages: Limit milk to two cups a day, carbonated beverages, coffee, tea, fruit-flavored drinks.

Fat: Crisp bacon, butter, cream, margarine, mayonnaise, oils, shortening, smooth salad dressing, sour cream.

LIQUID DIET: Day before exam stay on clear liquids only. **No Solid Foods.**

Soups: Clear consommé, bouillon, broth or Ensure Clear.

Beverages: Tea, coffee, carbonated drinks, water, Kool-Aid (no red or purple), beer white wine, Gatorade (no red or purple).

Juices: White cranberry (no red or purple), apple, strained lemonade, white grape.

Desserts: Gelatins, popsicles (no red or purple), Gummy Bears, Life Savers, orange sherbet. No milk products (but you can use milk or cream in your coffee).

Follow your instructions about taking the laxative preparation.

*****Morning of Exam*****

- Drink one 8 oz glass of water or clear liquid of choice 2 hours before exam.
- You cannot drive or work the day of exam.
- You must have a driver.
- Stop aspirin, Plavix or any other blood thinner 5 days prior to the exam.
- Let our office know when scheduling if you are on diabetic medications.