

Outpatient Colonoscopy Instructions

Split Dose TriLyte Prep for Afternoon Exams

You are scheduled for a colonoscopy on _____ with Dr. _____.
Report to the Fort Sander Regional Hospital on Clinch Avenue; Patient Services Center in the
main lobby at _____ a.m./p.m.

**** YOU WILL RECEIVE SEDATION FOR THIS PROCEDURE. SOMEONE MUST DRIVE YOU HOME.**** (The hospital will require verification that you have a ride.)

Purchase the TriLyte Prep at your pharmacy (prescription required).

Do not eat food such as fruits/vegetables with seeds, salads, beans, corn, and nuts for three (3) days prior to your test.

Day Before the Procedure

- Eat a light breakfast and lunch. Start drinking lots of clear liquids **only** after lunch. Clear liquids include Bouillon, Water, Gatorade, Coffee, Tea, Apple Juice, White Grape Juice, Clear Fruit Drinks without pulp, Soda, Jell-o, Popsicles, and Hard Candy. **Avoid anything that is red or purple. Avoid milk products.**
- Mix the TriLyte Prep following the directions on the container. Shake and refrigerate.
- At 5 p.m., begin taking the TriLyte solution, 8 ounces (1 cup) every ten minutes until half of the solution is gone. You may feel bloated, but this is normal. Loose, watery bowel movements should result in about one hour.
- You may continue clear liquids until midnight.

Morning of the Procedure

- At 6:30 a.m., drink the second half of the TriLyte solution, one glass every ten minutes until the solution is gone.
- You must finish the remainder of the solution no later than 8:00 a.m.

Special Instructions

- You may take Blood Pressure, Heart, and Seizure Medication with a small amount of water on the morning of the procedure.
- Diabetics should hold all oral diabetic medicine the morning of the procedure. If you take insulin, you will be give special instructions.
- If you take **Aspirin**, you must stop it **four (4)** days prior to your test.
- If you take **Plavix**, you must stop it **four (4)** days prior to your test. You must contact the prescribing doctor for authorization to stop the medication. If you are told not to stop your **Plavix**, you must notify us for further instructions.
- If you take **Coumadin**, we will contact your prescribing doctor for authorization to stop it for **four (4)** days prior to your test. We will call you with instructions.
- If you take **Iron Supplements** or **multivitamins with iron**, you must stop these **four (4)** days prior to the test.

If you have any questions or need to cancel this appointment, call the office at (865) 523-6418. DO NOT CALL THE HOSPITAL.