

## **Outpatient Colonoscopy Instructions TriLyte/Dulcolax/MagCitraPrep – Morning Exam**

You are scheduled for a colonoscopy on \_\_\_\_\_ with Dr. \_\_\_\_\_. Report to Fort Sanders Regional Hospital on Clinch Ave: Patient Service Center in the main lobby at \_\_\_\_\_.

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

Purchase the TriLyte Bowel Prep (prescription required) and 2 Dulcolax (bisacodyl) laxative tablets **OR** 1 bottle of Magnesium Citrate (Citroma) [Both are nonprescription].

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

### DAY BEFORE THE PROCEDURE

- Begin **CLEAR LIQUID** diet at breakfast. You may have water, boullion, Gatorade, black coffee, tea, apple juice, white grape juice, clear fruit drinks without pulp, any soda, Jell-o, popsicles, hard candy, and gum. **Avoid anything red or purple. Avoid milk products.**
- **At 10 a.m.**, mix the TriLyte solution following the directions on the container.
- **At 12 noon**, take 2 Dulcolax tablets **OR** Magnesium Citrate (not both!) with a clear liquid lunch.
- **At 5 p.m.**, take the Reglan tablet if provided to you (optional).
- **At 6 p.m.**, begin drinking the TriLyte solution. Drink 8 ounces (1 cup) every 10 to 15 minutes until you have finished  $\frac{1}{2}$  to  $\frac{3}{4}$  of the solution. **You must drink at least  $\frac{1}{2}$  of the jug.** The more you drink, the better your bowel preparation.
- Do not take any medications within 1 hour of drinking the solution, as they will be flushed out of your system.
- You may continue clear liquids until midnight, but **nothing to drink or eat after midnight!!**

### 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 given special instructions.
- If you take **Aspirin**, you must stop it **5** days prior to your test.
- If you take **Plavix** or **Coumadin**, you must stop it **5** days prior to your test. You must contact the prescribing doctor for authorization to stop the medication. If you are told not to stop the medication, you must notify us for further instructions.
- If you take **Iron Supplements** or **Multivitamins with Iron**, you must stop these **5** days prior to the test.

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