

Outpatient Colonoscopy Instructions

TriLyte/NuLYTELY/Peg Prep for Morning 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.

**** 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/NuLYTELY/Peg Prep at your pharmacy (prescription required). Also purchase Dulcolax (bisacodyl) Tablets **OR** one (1) bottle of Magnesium Citrate (Citroma) (non-prescription).

Day Before the Procedure

- Eat a light breakfast. After breakfast you may only have clear liquids. 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.**
- At 10:00 a.m., mix the TriLyte/NuLYTELY/Peg Prep following the directions on the container. Shake and refrigerate.
- At 12:00 noon, take three (3) laxative tablets **OR** Magnesium Citrate (not both!) with a clear liquid lunch.
- At 5:00 p.m., take the Reglan tablet (optional). If the tablet becomes crushed in the mail, mix it with a small amount of water and drink.
- At 6 p.m., begin drinking the TriLyte/NuLYTELY/Peg Prep solution, 8 ounces (1 cup) every ten minutes. **You must drink at least 1/2 of the gallon.** The more you drink, the better your bowel preparation. You may feel bloated, but this is normal. Loose, watery bowel movements should occur in about one hour.
- Do not take any medications within 1 hour of drinking the solution. Medications will get flushed out of your system.
- You may continue clear liquids until midnight, but **nothing to drink or eat after midnight!!**

Special Instructions

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

- 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.