

## Colyte/Trilyte Colonoscopy Preparation

Please read these instructions carefully at least one week prior to your exam. For more information about the benefits and risks of colonoscopy, please call (650) 812-3829 to listen to a nine-minute taped summary recorded by one of our gastroenterologists.

### Medication and Diet Instructions:

#### Five days before the procedure:

1. Stop taking aspirin (and aspirin-containing products) and Plavix (clopidogrel). Acetaminophen (Tylenol) can be continued or substituted as a pain-reliever for aspirin.

#### Three days before the procedure:

1. Stop taking **Coumadin (warfarin)**. If you have an artificial heart valve, you need to talk to your primary care physician or cardiologist about using an alternative anticoagulant. Make sure the doctor doing your colonoscopy knows that you have a prosthetic valve.
2. Avoid eating nuts, seeds, popcorn, grapes, green peas, beans and tomatoes. Fibers from these foods can clog the colonoscope.

#### Two days before the procedure:

1. Stop taking anti-inflammatory medicines such as Aleve, Motrin, Advil, Ibuprofen and Naproxyn.

**\*\*\*ALL OF THE ABOVE ADVICE SHOULD BE FOLLOWED TO MINIMIZE RISK OF  
SERIOUS BLEEDING IF A POLYP IS REMOVED\*\*\***

### Day before the procedure:

Start drinking clear liquids in the morning and continue throughout the day. Clear liquids include black coffee, tea with no milk, soda, Gatorade, Propel, water, clear juices (apple juice, white grape, white cranberry), clear broth, popsicles and lemon Jello (no red, blue or green flavors). **Do not eat any solid food while on this diet. Do not drink alcohol. No dairy products.** Deviating from this diet may prevent adequate preparation for the colon exam.

**\*\*If you are diabetic, please confer with your primary care physician (PCP) about adjustments to medications while on a clear liquid diet.\*\*** Call your PCP if you have questions about your medicine during your preparation period.

#### Bowel Preparation:

If you do not receive a Trilyte/Colyte prescription enclosed with these instructions, please call (650) 853-2972.

#### Morning: Preparing Trilyte/Colyte

Mix Trilyte/Colyte by adding drinking water to indicated line near the top of the gallon jug. Shake jug until powder is mixed with liquid. Most people find the solution easier to drink when it is chilled, but you may drink the solution at room temperature. If you receive flavor packets with your prescription, sprinkle small amounts of powder into glass of fluid to vary flavor (one package of flavor is enough for 1 gallon of fluid).

### Mid-day:

At noon, take four Dulcolax (bisacodyl) (over the counter medication) laxative 5mg tablets by mouth.

Begin drinking the Trilyte/Colyte solution between 2 and 4 p.m. on the day prior to colonoscopy. Drink a large glass (about 8 ounces) every 10 to 15 minutes until at least half of the gallon bottle is empty. Bowel movements may begin to occur about one hour after the first glass of Trilyte/Colyte and may continue two to four hours after you finish the last glass. If your bowel movements are clear (like colored water) after drinking half of the gallon, you may stop drinking the Trilyte/Colyte solution. If your bowel movements are not clear after drinking half of the gallon, continue drinking the Trilyte/Colyte solution until your bowel movements are clear.

Feelings of bloating, nausea or chilling are common after the first few glasses. This is temporary and will soon disappear once bowel movements begin. If the nausea becomes acute, stop drinking the Trilyte/Colyte for 30 minutes, then resume drinking every 15 minutes as before. Adequate bowel cleansing will take approximately six to eight hours.

### **Day of procedure:**

You may drink clear liquids until six hours before the procedure. **IF YOU DRINK LIQUIDS WITHIN SIX HOURS OF YOUR PROCEDURE, ASIDE FROM SIPS OF WATER TO TAKE MEDICATION, YOUR PROCEDURE WILL BE CANCELLED – NO EXCEPTIONS.**

Do not take your usual blood pressure medicines the morning of procedure since the prep for bowel causes mild dehydration. Take your heart medicines two to three hours before your appointment with sips of water. If you have questions about which medications to take, ask your PCP or call the GI Department at (650) 853-2972.

Consider using petroleum jelly around the anal opening before starting the prep and after each bowel movement to minimize irritation from passing many bowel movements.

### **General Information**

1. You must arrive one hour before the scheduled appointment or as instructed. Your entire stay at the Surgecenter will be about two and a half hours.
2. You are not allowed to take a taxi or public transportation home after the procedure. A friend or relative will need to drive you home, and someone will need to be with you for at least two hours to make sure there are no problems from the sedation or the procedure.
3. After the procedure, do not drive a car for the remainder of the day and do not make any important decisions until the following day.
4. Non-Surgecenter personnel are not allowed in the procedure room. This is standard policy and can not be violated.
5. Biopsy results are usually available within seven business days.
6. There is a very small risk of serious bleeding for up to two weeks after a polyp is removed. We recommend no international travel be scheduled during this time. We prefer that you are within two hours of medical care in the two weeks after a polyp is removed.
7. **Appointments are scheduled through the Surgecenter. Please call (650) 330-4563.** The Surgecenter is located on Level A of the Palo Alto Clinic at 795 El Camino Real, Palo Alto, CA 94301.
8. Videotapes about colonoscopy are available at the Community Health Resource Center on Level 2 of the Palo Alto Clinic. A health educator at the Center can provide additional information and answer questions, or you may visit onto [www.pamf.org](http://www.pamf.org) for more information.
9. **Patients with pacemakers** need to inform the Surgecenter scheduler when booking this appointment.
10. **Patients with internal defibrillators** must have the procedure at Stanford Medical Center rather than the Surgecenter. If you have one, please notify the GI Department by calling (650) 853-2972 to schedule the procedure at Stanford.