

1720 El Camino Real #100
Burlingame, CA 94010

PM COLONOSCOPY PREP

**2 DAYS BEFORE PROCEDURE STOP ALL ROUGHAGE, NUTS, SEEDS, POPCORN
DAY BEFORE EXAM:**

BREAKFAST: Regular diet

LUNCH: Regular diet

DINNER: Broth (chicken, beef or vegetable)
Apple juice
White grape juice
Gatorade (not red)
7 UP, ginger ale
Tea (no cream in it)
Water
Jello (not red)

7:00 p.m. Take the 2 **Bisacodyl tablets** with a glass of water, discard the other two tablets.

Next morning at 4:00 A.M.: Begin drinking **Trilyte—8 oz. every 15-20 minutes** Until you have finished the bottle. You will have consumed several glassfuls before having the first loose, watery bowel movement. You may feel slightly bloated, but will become more comfortable as you continue to have bowel movements. You may have clear liquids as above up until 8:00 a.m., then nothing by mouth after 8:00 a.m., not even water.

STOP ALL ASPIRIN PRODUCTS ONE WEEK PRIOR TO PROCEDURE

STOP COUMADIN, PLAVIX OR ANY OTHER BLOOD THINNERS FOR FOUR DAYS PRIOR TO PROCEDURE