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AFTERNOON TRILYTE COLONOSCOPY PREP

*Please read this at least 1 week prior to your procedure. You may find more info at our website www.mygidoctors.com under "Your Procedure."

2 DAYS BEFORE PROCEDURE:

No roughage (no uncooked vegetables, salads, seeds, nuts, corn, popcorn, skin of fruit).

DAY BEFORE PROCEDURE:

Diet: You may have breakfast and light lunch. Diet for the rest of the day is restricted to clear liquids. Drink **at least** eight 8 oz. glasses, preferably more:

Broth or bouillon (chicken, vegetable, or beef)

Apple or white grape juice, orange juice (no pulp), ginger ale, 7-up, sodas

Light coffee (no cream), tea, water, lemonade, Gatorade, Jell-O (not red), popsicles

No Cranberry juice. Nothing red or dark in color. No milk products. No alcohol.

Prep: Begin drinking the Trilyte prep at **8 p.m.** Fill container with water as directed, add desired flavor packet, and **SHAKE WELL.** You may refrigerate the mixture. Drink 8 oz. glass quickly every 10-15 minutes until you drink 4 glasses. Try using a straw, or sucking on lemon drop or hard candy to reduce after-taste. Place the remainder in the refrigerator. You may continue to drink clear liquids until midnight.

Temporary nausea and bloating sometimes occur. If necessary wait 15-30 minutes until these symptoms pass and finish the remainder at a slower pace. Bowel movements generally start within 2 or 3 hours may continue for 4 or 5 hours. If vomiting occurs and you are unable to consume most of the prep, please contact us for further instructions.

DAY OF EXAM:

Drink more Trilyte prep at **8 A.M.** Shake well and drink 8 oz. glass quickly every 10-15 minutes until you drink 8 glasses. You may continue to drink clear liquids until 2 hours before your appointment time. Call your physician if your bowel movements are not clear. Remember to take **NOTHING BY MOUTH 2 HOURS BEFORE YOUR PROCEDURE.**

***Do not take ibuprofen, Advil, Aleve, Motrin (NSAIDs) for at least 3 days prior to procedure.**

***Please stop Plavix, Coumadin, or any other blood thinners 3 DAYS BEFORE procedure unless instructed otherwise by your physician.**

***Do not take any medications on the day of your procedure unless otherwise instructed by your physician.**

***IF YOU HAVE ANY QUESTIONS OR PROBLEMS, YOU MAY CALL THE OFFICE AT 650-342-7432 TO SPEAK WITH THE DOCTOR ON-CALL.**

***IF YOU MUST CANCEL YOUR PROCEDURE, PLEASE NOTIFY OUR OFFICE AT LEAST 3 BUSINESS DAYS IN ADVANCE SO THAT WE MAY GIVE THAT SPACE TO ANOTHER PATIENT. We appreciate it!**