

1720 El Camino Real #100
Burlingame, CA 94010

AM COLONOSCOPY PREP

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

DIET: Broth (chicken, vegetable or beef)
Apple juice
White grape juice
7-UP, ginger ale, Mt. Dew (not the red)
Gatorade (not the red)
Tea (no cream in it)
Water
Jello (not the red)

3:00 p.m. Take the **2 Bisacodyl tablets with a glass of water.**

Prepare your **TRILYTE** solution according to the instructions on the box and refrigerate.

At **6:00 p.m.** begin drinking **TRILYTE**---**8 oz. every 10-15 minutes** until you have consumed half the bottle. You will have consumed several glassfuls before having the first loose, watery bowel movement. You will feel bloated, but will become more comfortable as you continue to have bowel movements.

9:00 p.m. Drink 2 8oz glasses **Trilyte**—Refrigerate the bottle once again. You may continue the clear liquids up until 10:00 p.m., then nothing by mouth after 10:00 p.m. not even water. **EXCEPT:** On the day of procedure, get up four hours before your arrival time and finish Trilyte.

IF YOU ARE DIABETIC TAKE ½ YOUR USUAL DOSE OF DIABETIC MEDICATION WHILE ON THE LIQUID DIET.

STOP ALL ASPIRIN, ADVIL, ALEVE, ETC. ONE WEEK PRIOR TO PROCEDURE. TYLENOL OK TO USE.

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