

EUGENE Y. LEE, M.D.
Mid-Peninsula Endoscopy Center
1720 El Camino Real, Suite 100
Burlingame, CA 94010
650-373-1970

MORNING TRILYTE COLON PREP

*Please read this at least 1 week prior to your procedure. You may find more info at our website www.mygidoctors.com under heading "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 light breakfast (i.e. scrambled eggs, white toast). 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 at **5 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 half the bottle is empty (2 quarts). Try using a straw, or sucking on lemon drop or hard candy to reduce after-taste. Try chewing sugarless gum between glasses if you like. Place the remainder in the refrigerator. You may continue to drink clear liquids until midnight.

**Temporary nausea, headache, bloating, or abdominal cramping sometimes occur. If necessary wait 15-30 minutes until these symptoms pass before drinking more liquids. Bowel movements generally start within an hour and may continue for 3 or 4 hours. Consider using petroleum jelly, A & D ointment, or Desitin around anus after each bowel movement to minimize irritation. It is important to drink enough to avoid dehydration. If vomiting occurs or you have no bowel movements, please contact us for further instructions.*

DAY OF EXAM:

Drink more TriLyte prep starting **at least 4 hours before your colonoscopy.** Shake well and drink 8 oz. glass quickly every 10-15 minutes for another 4 glasses (1 quart). You may discard the rest unless your bowel movements are not clear. In that case, continue to drink the TriLyte until it is finished or call your physician. 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! There is a \$100 charge for late cancellation.**