



1 WEEK PRIOR TO YOUR PROCEDURE	6 DAYS PRIOR	1 DAY PRIOR	PROCEDURE DAY
<p>IF you have any of the following conditions, please call office one week prior to discuss with endoscopy navigator. In some cases, special considerations or adjustments need to be made.</p> <ul style="list-style-type: none"> <li>• <u>Diabetes</u></li> <li>• <u>Artificial Heart Valves</u></li> <li>• <u>History of Joint Replacement</u></li> <li>• <u>Currently taking blood thinning medication</u></li> <li>• <u>Pacemaker or Defibrillator</u></li> <li>• <u>Chronic Constipation</u></li> <li>• <u>ASA, or Aspirin containing drugs, effient, plavix</u></li> </ul> <p><b>STOP ANY IRON SUPPLEMENTS ONE WEEK PRIOR</b></p> <p><b>DO NOT TAKE ANY PAIN MEDICATIONS 2 DAYS PRIOR EXCEPT TYLENOL OR NARCOTICS (This may increase risk of bleeding if polyps removed). YOU MAY USE TYLENOL FOR PAIN RELIEF. IF YOU ARE ON NSAIDS OR ANTI-INFLAMMATORY MEDICATIONS FOR A CHRONIC CONDITION, PLEASE DISCUSS WITH ENDOSCOPY NAVIGATOR BEFORE DISCONTINUING.</b></p>	<p><b><u>BEGIN LOW FIBER DIET</u></b></p> <p><i>Please see attached sheet. Eat foods in green section. <b><u>Avoid ALL foods in red section.</u></b></i></p> <p><b><u>TRANSPORTATION</u></b></p> <p><u>MUST HAVE A DRIVER</u> 18 years or older PLAN TO STAY 2-2 ½ hrs (or arrangements are made for pick-up)</p> <ul style="list-style-type: none"> <li>• Enter off of Colfax Street on South side of building.</li> </ul>  <p>You will be given medication to make you comfortable and therefore <b><u>you will be unable to drive.</u></b> Without a driver, we will be forced to reschedule.</p> <p><b><u>CANCELLATIONS:</u></b> <u>AVOID POSSIBLE FEES!</u> Call as soon as possible if you cannot keep appointment.</p>	<p><b><u>CLEAR LIQUID DIET ONLY!</u></b></p>  <p><b><u>DIET INSTRUCTIONS</u></b> Drink from list on back of this form. <b>NO SOLID FOOD</b> Only clear liquids from time you get up today until 6 PM when you begin Step 1 of Bowel Prep (see below).</p> <p><b><u>EXPECT A CALL</u></b> Our Surgery Center Staff will be contacting you to complete their medical preparation notes.</p> <p><b><u>TRILYTE INSTRUCTIONS</u></b> <b><u>Add water to fill line on gallon jug and place in refrigerator to chill (as directed on the bottle)</u></b> <b><u>NOTE: Do not add water any sooner than day before colonoscopy.</u></b></p> <p><b>Step 1: 6-10 PM</b> Drink ALL of Trilyte solution</p> <p><u>After you finish, only drink water till midnight.</u> <u>No other clear liquids.</u></p>	<p><b><u>Step 2: 5 hours before</u></b></p> <p>_____</p> <p><i>Drink 10 oz. bottle of</i></p> <p>_____</p> <p><i>finishing prep. Then <b>NOTHING</b> by mouth.</i></p> <p><i><b>Note:</b> After you have completed your prep, your bowel movements should be in the clear liquid state (typically clear or yellowish). Please call our office if that is not the case.</i></p> <p><i><b>NOTE: It may take a couple of hours after drinking last dose of prep to finish cleanse. Call with Problem with</b> _____ # _____</i></p> <p><b><u>BE SURE TO BRING:</u></b></p> <p>Co-Pay Insurance Card Valid Picture ID Medication list Signed Patient Rights</p>

**CLEAR LIQUID DIET**  
**(Day Prior to Procedure)**

**TRILYTE TIPS**

**Note: NO LIQUIDS THAT ARE RED IN COLOR**

**Soups**

- Bouillon (Beef, Chicken, or Veg.)
- Broth (plain)

**Desserts**

- Jell-O (except red)
- Popsicles (except red)

**Beverages**

- Apple Juice
- Black Coffee
- Tea (green or black)
- Gatorade/Sports Drinks (except red)
- Lemonade (no pulp)
- Pop/Carbonated Soft Drinks (Coke or Pepsi are okay)
- White Grape or White Cranberry Juice



***Do not consume alcohol, as it can result in renal disease and dehydration.***

**In addition, you may have the following:**

- Hard Candy (not red)
- Sugar
- Honey
- Salt
- Syrup

- To improve the taste, mix your Trilyte solution in the morning with water and refrigerate until 6 p.m.
- Use a lemon drop candy in between sips.
- Use a straw to avoid as much contact as possible with your tongue.
- Do not “force” yourself to drink all the Trilyte prep solution all at once. Drink at your own pace over the 2 hour period.