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GASTROENTEROLOGY

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Patient Name: _____ Date of Exam: _____

Colonoscopy Preparation with TriLyte Bowel Prep Kit

*****Begin preparation the day before the examination*****

1) **Items needed:**

- 1 small box of **Dulcolax** (Bisacodyl) tablets (no prescription needed) (**2 Tablets**)
- 1 container of **TriLyte** colon prep kit (prescription attached)

- 2) Mix **TriLyte** according to the instructions and refrigerate(you may substitute the flavor packet provided with **Crystal Light** (as long as it isn't a **red** color). Have a light breakfast such as eggs, juice, coffee, **No Fiber or toast Please.**
- 3) **Do Not** eat solid foods after breakfast. Only a clear liquid diet until midnight or bedtime. (this includes clear juice, soda, soup broth, water, Gatorade, tea, coffee and any flavor of Jell-O (**except red**) **No Dairy Products.**
- 4) At **1PM** take (**2**) two Dulcolax/Bisacodyl tablets with water. They usually work in a few hours.
- 5) By **6PM** begin drinking an **8oz** glass of TriLyte ever **15 minutes** until the container is ½ empty (at the 2 liter mark). If you get nauseated take a break. If you start vomiting or cannot complete the prep, **STOP AND CALL ME IMMEDIATELY!!**
* If your bowel movement is clear like urine, you may discard the remaining **TriLyte** solution.
* If your bowel movement is not clear like urine, continue drinking 8oz glasses of **TriLyte** until your return is a clear liquid. You may then discard the remaining **TriLyte.**
- 6) You may have nothing to eat or drink from midnight until the exam is completed. You must have someone accompany you home because you will be given a sedative.
**** DO NOT** take Aspirin, Plavix, or anti-arthritis products (Advil, Motrin, Aleve, Naproxen, ect.) 7days prior to the exam. Contact me if you are on Insulin or Coumadin. Take all routine medications, especially reflux medicines the morning of your test with a small sip of water.

MedStar Surgery Center: 1145 19th Street N.W. Suite # 850 Washington, D.C. 20036

Arrival Time:_____ **Procedure Time:**_____

** Save time by filling out your Pre-OP Assessment form online @ www.medstarsurgery.org
(You Must bring your Insurance Card and a Photo I.D. The Day of The PROCEDURE)

**Please Note there will be a charge of \$150.00 if you cancel this appointment less than
48hours before your procedure date**