

# Split Dose Trilyte Prep Instructions for Your Colonoscopy

***Please be aware that, due to current patient volumes, it may take four to six months to reschedule a cancelled appointment.***

One to two days before to your procedure date a nurse will call you to review your medications and confirm the arrival time for your procedure. Please be aware that we may need to change your time on the day of your procedure. **Your procedure will be cancelled and will need to be rescheduled if you are unable to accommodate your new procedure time.**

You will need to be available should we need to contact you to advise you of a change in arrival time. We make every effort to consider your preference, however, our patients are scheduled according to the complexity of their case, insulin dependence or other medical concerns that may take precedence. We appreciate your understanding.

\*If you are taking **Coumadin (Warfarin), Plavix, Brilinta, Effient, Jantoven, Lovenox, Aggrenox, Pradaxa, Eliquis, Xarelto, Savaysa**, or any other blood thinning medication, **make sure you know if and when you are to stop these medications.** Call the office TODAY if you are unsure.

\*If you are taking any GLP-1 medications such as **Ozempic, Wegovy, Rybelsus, Trulicity, Victoza, Monjaro, Zepbound, Bydureon, etc.**, please hold your injection dosing starting seven days prior to your scheduled procedure until AFTER the procedure is complete, as this can cause substantial slowing of the passage of food moving through your GI tract, which can cause some increased difficulty during the procedure. If you are taking one of these medications for diabetes and/or blood sugar control, please contact your primary care doctor to discuss whether you'll need any additional medication for management during this time.

## **Four Days Before the Exam:**

- **Stop NSAIDS (Ibuprofen, Motrin, Advil, Naprosyn, Aleve, Relafen or the like).** You may continue to take a single aspirin 81 mg/325mg tablet daily and/or Tylenol.
- **Stop iron supplements.**
- Stop eating nuts, seeds, popcorn, tomatoes, peanuts, corn, berries, and breads or crackers with visible seeds.
- Purchase the prep ingredients:
  - One-gallon TriLyte, or equivalent

- Two Dulcolax (bisacodyl) laxative tablets
- Purchase soothing wipes and barrier cream such as Vitamin A&D ointment to help with anal irritation. Do not use Desitin.

### Two Days Before the Exam:

- In evening fill TriLyte container with water and a flavor packet (or Crystal Light lemonade flavor) and refrigerate. You can also use life saver candy or menthol cough drops to improve flavor.

### One Day Before the Exam (Prep Day):

- You may have a small, light breakfast before **10 a.m.** Examples of a light breakfast include eggs, soup/broth with noodles (no meat or vegetables), white crackers/rice/potatoes/bread, Boost or Ensure.
- **After 10 a.m., begin a clear liquid diet.** Do not eat anything solid. **No dairy.** Clear liquids include water, tea, coffee, apple juice, white grape juice, white cranberry juice, sports drinks, vitamin waters, Jell-O, broth, and soda. Try to drink at least six to eight glasses of clear liquid on this day before 5 p.m.
- The exception to the above is that you may drink up to two vanilla Boost or Ensure drinks before 5 p.m. Use the sugar free version if needed.
- **If you are diabetic** and taking insulin or using an insulin pump, use ½ your daily dosage today. If you are taking oral diabetic medications, take ½ the dosage you usually take. **Otherwise, take your regular medications, including the day of the exam.**
- **2 p.m.:** Take two Dulcolax (Bisacodyl) laxative tablets.
- **5 p.m.:** Begin drinking TriLyte. Drink one 8 oz. glass every 10-15 minutes **until half of the container is finished**. This takes about two hours. It is best to drink the whole glass quickly. A straw may help as well as sucking on a lime after you drink.
- Chills, bloating, cramping, nausea and vomiting may occur. If so, take a break from drinking the prep for 30 minutes. Resume drinking the container of prep until it is finished, taking breaks as needed.
- A bowel movement will usually occur within an hour after the 1<sup>st</sup> glass of TriLyte. Don't worry if this does not happen for three to four hours. Everyone is different.
- **Bowel movements will occur that are watery and frequent until the bowel is fully cleansed. The end result should be clear or pale-yellow liquid.**
- **Please continue your clear liquid diet over the course of the evening in order to remain hydrated.**

### Day of Exam:

**Five hours prior to your scheduled procedure start time**, begin drinking the second half of the TriLyte. Drink one 8 oz. glass every 10-15 minutes **until the entire container is finished**. This takes about two hours.

- Remain hydrated throughout your bowel preparation. You may drink clear fluids throughout the entire preparation up until three hours prior to your scheduled appointment time.
- **Do not drink anything beginning three hours prior to your scheduled procedure start time until after your exam is complete.** You may have clear liquids before that on the day of your exam.
- **If you are diabetic**, do not take your daily diabetic medication this morning

**The success of the exam is very dependent on your colon being empty of fecal matter. The end result should be clear or pale, colorful (typically yellow) liquid.** Please complete the bowel preparation as instructed. Contact the doctor's office at **(707) 541-7900** should you experience any difficulties or have concerns with the bowel preparation. An on-call Gastroenterologist (doctor) is available during non-office hours at **(707) 541-7900**.

***The hardest part is over!*** After you arrive for your colonoscopy, you will meet with a nurse who will talk to you about your medical history, start an IV so you can get fluids, and get you settled. After you meet with your doctor, you will be given medication to sedate you and keep you comfortable during your colonoscopy.

You will recover after your procedure for about 30 minutes and will be given a written report with instructions to take home.

#### **After the Examination:**

**You must have a driver to pick you up.** You cannot drive yourself home. If you do not have someone to drive you home, your procedure will be canceled. You may take a taxi home if you are accompanied by a responsible adult.