

Colonoscopy Prep –Tri-Lyte

Name _____ Colonoscopy _____
Day Date

Arrival Time at Endoscopy Center _____ Procedure Time _____

Prior to Preparation:

✓ Medication Adjustments _____

Do not take Aspirin, Ibuprofen, Advil, Aleve, Motrin, and/or arthritis medications _____ day(s) before the study, these can thin your blood. You may take Tylenol. Other medication instructions will be given when we call you 1-3 days prior to the procedure.

- ✓ Purchase Tri-Lyte and 4 Dulcolax tablets at the pharmacy. You will need a prescription for the Tri-Lyte, but not for the tablets.
- ✓ **Arrange for a driver.** Your driver must stay in the waiting room the entire time; this is a Department of Health guideline. You will not be able to drive until the next morning.

Preparation:

_____ **Morning** Mix solution following the instructions and refrigerate.
Day of Week

You may have clear liquids, only, that do not have artificial red or orange coloring in them, cranberry is OK if it is naturally red. “If you can see through it, it is not red, orange, and has nothing solid in it you may have it.” Make sure you drink something every hour until five hours prior to procedure.

- | | |
|--------------------------------|------------------------------|
| ➤ Coffee (no creamer) or Tea | ➤ Fruit juices |
| ➤ Water | ➤ Freeze Pops |
| ➤ Soda | ➤ Jell-O (no fruit in it) |
| ➤ Broth, bouillon, or consommé | ➤ Athletic drinks (Gatorade) |

2:00 PM Take all 4 Dulcolax tablets with water Do not chew or crush

6:00 PM Rapidly drink an 8 oz glass of solution every 10 minutes until at least half of the gallon bottle is empty. If your bowel movements are not clear after drinking half of the gallon, continue drinking the solution until they are. If solution is vomited drink the remaining amount.

***You may feel bloated and/or have nausea. This is common and temporary; it will disappear once your bowel movements begin.

***If you have any questions about your colonoscopy you may call (717) 217-4312.

****ABSOLUTELY NOTHING TO EAT OR DRINK FIVE HOURS BEFORE PROCEDURE****
Take medications as usual (with a sip of water) unless otherwise directed

Patient's Signature

Witness

Date