



Flexible Sigmoidoscopy Instructions

One (1) day before the procedure:

STOP eating solid food and dairy products. **START** drinking clear liquids in the morning and throughout the day. Be sure to drink plenty of fluid to avoid dehydration. Examples of clear liquids include black coffee or tea without milk/cream, soda (7-up, Pepsi, etc.), Gatorade, Propel, water, Calistoga, clear juices (apple, white grape, white cranberry), clear broth, popsicles, lemon Jello (no red, blue, or green flavors). No alcohol, dairy products, or orange juice. Do not eat any solid food while on this diet.

Morning (one day before procedure): Preparing Trilyte/Colyte

Mix Trilyte/Colyte by adding drinking water to the indicated line near the top of the gallon jug. Shake until powder is mixed with the liquid. Most people find the solution easier to drink when it is chilled, but you may drink it at room temperature. If you receive flavor packets with the prescription, sprinkle small amounts of the powder into a glass of solution to vary the flavor or add one package to the gallon jug (one package is enough for one gallon of solution).

Between 2 and 4 p.m. (one day before procedure):

Begin drinking the Trilyte/Colyte solution. **Drink a large glass, about 8 ounces, every 10 to 15 minutes until at least half of the gallon bottle is empty.** Bowel movements may begin about one hour after the first glass and may continue 2 to 4 hours after you finish the last glass. If your bowel movements are clear (like colored water with no solid elements) after drinking half of the gallon, you may stop drinking the Trilyte/Colyte solution.

Feelings of bloating, nausea, or chilling are common after the first few glasses. This is temporary and will soon disappear once bowel movements begin. If the nausea becomes acute, stop drinking the Trilyte/Colyte for 30 minutes, then start drinking again every 15 minutes as before. You may experience some cramping. Adequate bowel cleansing will take approximately six to eight hours. More liquids will result in a better colon prep and will help prevent dehydration. You may want to use petroleum jelly (Vaseline) around the anal opening before starting the Trilyte/Colyte and after each bowel movement to minimize irritation from passing many bowel movements.

Continue the clear liquid diet until after the procedure. It is okay to take your regular medications as prescribed.