

## COLONOSCOPY COLYTE/TRILYTE PREPARATION

**Please read these instructions carefully at least one week before your colonoscopy.**

**For questions about the preparation or the procedure, call the GI Nurse at 650-853-2972.**

Patients with pacemakers, internal defibrillators, on blood thinners or who have an allergy to Latex need to inform the nurse when making the appointment. Be sure to inform the nurse of any other medical condition such as diabetes or asthma. Some procedures will need to be scheduled at Stanford depending on your medical condition.

For more information about the benefits and risks of colonoscopy, please call 650-812-3829 for a recorded summary on this topic. More information can also be found on the PAMF Web site at [pamf.org](http://pamf.org).

### **MEDICATION AND DIET INSTRUCTIONS**

**SUPPLIES:** One prescription for TRILYTE/COLYTE (enclosed)  
2 DULCOLAX (**BISACODYL**) TABLETS, 5mg. each (purchase over the counter)



#### **Five (5) days before the procedure:**

Most patients need to **STOP** products containing aspirin and Plavix (clopidogrel) 5 days prior to the procedure. Please speak with your prescribing physician (primary care physician, cardiologist or neurologist) **BEFORE** stopping if one of these medications has been prescribed for a heart condition, stroke or clotting disorder. Acetaminophen (Tylenol) can be continued or used as a pain reliever.

#### **Three (3) days before the procedure:**

1. Most patients need to **STOP** taking Coumadin (warfarin). Please speak to your prescribing physician (primary care physician, cardiologist or neurologist) **BEFORE** stopping to see if they prefer that you use an alternative anticoagulant. Make sure the doctor doing your colonoscopy knows if you have been on Coumadin so that you receive instructions for when to restart anticoagulation.
2. **STOP** eating nuts or seeds of any kind and foods with a peel. Examples include popcorn, peanuts, fennel seeds, poppy seeds, grapes, beans, tomatoes, green peas, corn, blueberries, raspberries or watermelon. Fibers, seeds and peels can clog the colonoscope.



#### **Two (2) days before the procedure:**

**STOP** taking anti-inflammatory medicines such as Aleve, Motrin, Advil, Ibuprofen and Naprosyn (Naproxen).



**\*\*The instructions about medications should be followed to minimize risk of serious bleeding if a polyp is removed or a biopsy taken.\*\***

#### **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/creamer, soda (7-up, Pepsi, etc.), Gatorade, Propel, water, Calistoga, clear juices (apple, white grape, white cranberry), clear broth. No red, blue or green flavors. Lemon popsicles and jello are ok. No alcohol, dairy products or orange juice. Do not eat any solid food while on this diet. **Deviating from this clear liquid diet may prevent adequate preparation for the colon exam.**

**\*\*If you are diabetic, please talk with your primary care physician about adjustments to medications while on this clear liquid diet.\*\*** During the preparation period, monitor your blood glucose when you first awaken and every 3 hours after that. You will need a blend of products with and without sugar to keep your blood glucose in balance.



## ***Colonoscopy Colyte/Trilyte Preparation (cont'd.)***

**Bowel Preparation:** If you have not received a Trilyte/Colyte prescription, please call 650-853-2972.

### **Morning:** 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. Other flavorings such as crystal light may be added as well, citrus flavors may taste the best. (One package is enough for one gallon of solution)

### **Mid-day:**

At 12:00 noon, take two (2) Dulcolax (bisacodyl) laxative 5 mg. tablets by mouth.



### **Between 2 and 4 PM:**

Begin drinking the Trilyte/Colyte solution. **Drink a large glass, about 8 ounces, every 10 to 15 minutes until half of the gallon bottle is empty, then drink the remainder of the bottle over the course of the evening.** Bowel movements may begin about one hour after the first glass and may continue 2 to 4 hours after you finish the last glass. ***Thorough bowel cleansing is important in order to have a good colon exam.***

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 6 to 8 hours.

**Continue to drink clear liquids during the day** until three (3) hours before the procedure. 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.

### **Day of the procedure (colonoscopy):**

You may drink clear liquids until three (3) hours before the procedure. **IF YOU DRINK LIQUIDS WITHIN THREE HOURS OF YOUR PROCEDURE, EXCEPT SIPS OF WATER TO TAKE MEDICATIONS, YOUR PROCEDURE WILL BE CANCELLED—NO EXCEPTIONS!**

If you are diabetic, check your blood glucose before you leave home and report the reading to the nurse when you arrive in the Procedure Suite.

Do not take your usual blood pressure medicines the morning of the procedure since the bowel preparation causes mild dehydration. Take your heart medicines 3 hours before your appointment with sips of water. If you have questions about which medicines to take, ask your Primary Care Physician or call the GI department at 650-853-2972.

Before the procedure, a nurse will complete your paperwork, take your blood pressure, start an IV, explain the procedure, and answer any questions you may have. During the procedure you will receive sedating medications to keep you comfortable. You will be able to follow directions. Most people are awake and alert and ready for discharge within 30-45 minutes after the end of the procedure.

## **General Information**

1. **Plan to arrive at least one hour before the scheduled appointment or as instructed.** Your entire stay will be 2 to 3 hours.
2. Leave valuables, including jewelry, at home. Bring ID and a copy of your current insurance card with you to check in. Wear comfortable clothing.
3. Arrange for a friend or relative to drive you home after the procedure. **You may not take a taxi or public transportation.** A responsible adult will need to be with you for at least 2 hours after you get home to assist you if there are any problems from the sedation or the procedure (rare).

## Colonoscopy Colyte/Trilyte Preparation (cont'd.)

4. After the procedure, do not drive, use heavy machinery or power tools. Do not return to work, make important decisions or sign documents until the following day. This allows time for the sedating medication to be completely worn off.



5. Family or friends are not allowed in the procedure room. This is standard policy for a number of reasons.
6. Biopsy results are usually available within 7 business days. The doctor who performs your procedure will let you know the results by letter, e-mail, phone, or at a follow-up appointment.
7. It may not be possible to complete some procedures. While it is not possible to predict which procedures will be incomplete, there are some factors that might contribute. These include extremes of size (people who are very thin or very overweight) and history of prior abdominal surgeries with possible scarring or adhesions. If your procedure is not completed, the doctor will discuss this with you afterwards and make plans for appropriate follow-up.
8. There is a very small risk of serious bleeding for up to two weeks after a polyp is removed. We recommend **no international travel** be scheduled during this time. You should remain within 2 hours of medical care during those 2 weeks. Please let us know if you plan to travel within 2 weeks of your procedure.

**\*\*\*\*If you must cancel your procedure appointment, please notify us no less than three days in advance so that we can accommodate another patient\*\*\*\***

**To cancel your appointment, call the Scheduler at 650-853-6694  
For questions about the preparation or the procedure, call the GI Nurse at 650-853-2972**

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