



Gastroenterology Specialists

22 Westfield Avenue
Ansonia, CT 06401
(203) 736-9919

Jeffrey Dreznick MD
Sarah Olivier MD
Jonathan Simon MD

TRILYTE COLONOSCOPY PREP

This procedure will be performed at Griffin Hospital, 130 Division St., Derby, CT

PLEASE BRING A CURRENT LIST OF MEDICATIONS

Patient Name _____

Report to the Outpatient Registration Desk on:

Date _____ Time _____

- You must maintain a clear liquid diet all day starting the day before the procedure.
- Non-steroidal agents (Advil-Motrin-Ibuprofen) must be stopped 1 day prior to procedure.
- You are not allowed to drive. You are not allowed to go home via taxi by yourself.
- You must be accompanied by a friend or relative to assist you home.
- You may take your regular blood pressure/ heart/ thyroid/ seizure medication with a small sip of water at least 3 hours prior to your procedure unless instructed otherwise.
- Nothing to eat or drink three (3) hours before your procedure.
- If on blood thinners (Coumadin, Plavix, etc.) stop on _____.

Please bring these instructions to the G.I. Endoscopy Suite on the day of the procedure, along with a list of all your medications.

Please be aware that cancellation of this procedure will cause a delay in rescheduling.

If you have any questions, please do not hesitate to call our office at (203) 736-9919

THE DAY BEFORE THE PROCEDURE:

- **Non-steroidal agents (Advil-Motrin-Ibuprofen) must be stopped 1 day prior to procedure.** It is safe to take Tylenol (acetaminophen) as a pain reliever. Consult with a physician on all other medications.
- Remain on a clear liquid diet. Solid foods, alcohol, milk or milk products are **not** allowed. Nothing red or purple in color. **It is very important to stay hydrated!**

CLEAR LIQUIDS YOU MAY HAVE INCLUDE:

Black coffee (no milk or cream)

Tea (no milk or cream)

Chicken/beef/veggie broth

Gatorade/Powerade

Crystal Light

Water

Any type of soda

Snapple

Popsicles

Italian Ice

Jell-O

Clear fruit juices only – no orange juice

THE NIGHT BEFORE THE PROCEDURE:

- Prepare the Trilyte prep by adding water to the fill line. Shake until the powder resolves. Refrigerate until ready to drink.
- At _____ take four Bisacodyl tablets (laxative) with 8 ounces of water.
- At _____ gradually drink half of the container of Trilyte. Continue to drink clear fluids until bedtime.
- If you have severe discomfort or distention (bloating), stop drinking the solution for a while or wait longer between drinking until the discomfort goes away.
- **Stay hydrated!** It's important that you drink clear liquids before, during and after your prep.

THE DAY OF THE PROCEDURE:

- At _____ drink the remaining bottle of Trilyte within 60 minutes.
- Do not drink or eat anything after taking the prep.
- You may take your regular blood pressure/heart/thyroid/seizure medication with a small sip of water at least 3 hours prior to your procedure unless instructed otherwise.
- You **must** be accompanied by a friend or relative to drive and/or assist you home.

TO RESCHEDULE:

As our patient we are committed to your health, and have reserved this procedure time exclusively for you. Please give us 48-hours notice if you wish to change this appointment. If you have any questions regarding the above instructions, please do not hesitate to contact our office at (203) 736-9919.