

# NORTH VALLEY G.I. CONSULTANTS

Gastroenterology, Pancreatic, Biliary, & Liver Disease  
ERCP, Capsule Endoscopy  
Board Certified

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## Trilyte Preparation

Colonoscopy is an examination of the colon (Large Bowel) with the lighted flexible tube called a colonoscope. Your efforts at cleansing your colon are essential for an accurate exam.

### Purchase at the Pharmacy/ Grocery Store

- Fill the prescription at the pharmacy : **Trylite Bowel Prep with flavor packs**
- Clear liquids (see list below)
- Drinking straws (optional)

### One Week Prior to the Procedure

- **DO NOT** eat any nuts, popcorn or items containing seeds for one week before the procedure.
- **DO NOT** take iron pills, multivitamins, or Vitamine E.
- **DO NOT** take any anti-inflammatory pain medication (Ibuprofen, Advil, Motrin, Aleve, Naproxen, Feldene, etc.) or blood thinners (Coumadin, Plavix, Aspirin, etc.).
- **Please hold** \_\_\_\_\_ **for** \_\_\_\_\_ **days before the procedure.**
- You **WILL** be allowed to continue taking a “baby aspirin”, for your heart health, per your doctor’s instructions.
- If you are diabetic, ask your doctor regarding insulin dosage (if any) that should be taken. If you are only on pills for your diabetes, take them on the day of your preparation but **NOT** on the day of your examination.

### One Day Before the Procedure

- **NO SOLID FOOD**
- Have a **clear** liquid diet throughout the day, **NO RED, PURPLE or BLUE**. Avoid dairy products and juices with pulp such as orange, tomato, and grapefruit juice. **It is important that you drink as much fluids as you can throughout the day. Colon preps may leave you dehydrated. It is important to consume as much clear liquid as you can before, during and, after you finish the prep.**
  - ✓ **Soups:** clear broth or consommé
  - ✓ **Drinks:** Gatorade, Powerade, Propel®, Seven UP, Squirt, Kool-Aid, Water
  - ✓ **Juices:** white cranberry, white grape, apple, lemonade.
  - ✓ **Desserts:** water ices, Italian Ices, popsicles, Jell-O
  - ✓ **1 or 2 cups of tea or black coffee is ok if you are a caffeine addict.**

(Still on the day prior to your procedure)

• **12:00PM**

- Fill the container with water to the fill line, add a flavor pack (optional), then cap the bottle, and shake to dissolve. Put it in the refrigerator, it will taste better cold.

• **2:00 PM**

- Divide your mixture in half start drinking the solution. **Drink an 8 oz glass, every 15-30 minutes** (Before starting solution bite into a lemon also drinking with a straw helps).

• **8:00 PM**

- You are going to drink the second half of your mixture by **drinking one 8oz glass every 15-30 min.**

**Day of Procedure**

- Clear liquids may be permitted up until 4 hrs. prior to the procedure.
- Please take your heart and high blood pressure medications.
- Please make arrangements for someone to drive you home following the examination. Since you will be given sedation, **YOU MAY NOT DRIVE YOURSELF HOME.**
- Please report to the GI Lab 1 hr. prior to your scheduled appointment time for preliminary check-in. Please bring your insurance information with you. You may be required to stay for one hour after the examination is completed for observational purposes.

**Commonly asked Questions:**

***How do I know if I prepped correctly?*** The stool should be watery in consistency. It does not have to be clear in color like water since digestive juice will continue to tint stool yellow. Small flecks of debris are not a problem as long as the stool is not muddy or thick. If your stool continues to be muddy or thick, please contact your doctor for additional instructions.

***What side effects may I expect?*** Since the prep works by flooding the intestinal tract with fluid, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary, and as the diarrhea develops the symptoms will gradually improve. Weakness can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing fluid intake.

***Why do I need a driver for my procedure?*** Remember all procedures require some type of sedation. In most cases you will be medicated and unable to drive for the rest of the day. Usually you will also not be able to take a taxi alone. It is for your own safety to have a driver and/or someone accompany you.

**Remember, stay close to the bathroom facility and warn family members that the room belongs to you!!!**

**Good Luck! This is the hardest part of the procedure.**

**Remember: please call us if you have any questions at (818) 363-7120 or (805) 526-6016**