COLONOSCOPY PREP WITH TRILYTE

Your procedure has been scheduled at:  
- Chandler Endoscopy Center (2095 W Pecos Rd, Bldg A-1)
- Premier Endoscopy Center (2563 S Val Vista Dr, Ste #101)
- Chandler Regional Hospital (1955 W Frye Rd)
- Mercy Gilbert Medical Center (3555 S Val Vista Dr)

Your colonoscopy has been scheduled on: ________________________________

Please check in for you appointment at: ____________________

BOWEL PREPARATION (DAY BEFORE PROCEDURE)
ITEM TO PURCHASE PRIOR TO PROCEDURE
- TRILYTE (Prescription will be given by the Doctor)
- 1-10oz Bottle of Magnesium Citrate (Lemon/Lime or Clear ONLY)

SEVEN days before the procedure:
We prefer that you STOP taking all IRON (iron supplements), PLAVIX (Clopidrogrel), and ARTHRITIC MEDICATIONS. Also STOP aspirin (and aspirin-containing products). Acetaminophen (Tylenol) can be continued or substituted as a pain-reliever for aspirin.

The Day prior to your Colonoscopy:
- You may have a LIGHT BREAKFAST, which consists of either; INSTANT OATMEAL, OR A CUP OF FRUIT, OR A BANANA WITH TOAST.  (NO DAIRY PRODUCTS AND NO FRIED MEATS)
- After breakfast begin a CLEAR LIQUID DIET
- 12PM- Mix Trilyte and refrigerate.
- 2PM- begin drinking the bottle of Magnesium Citrate
- 4PM- begin drinking the Trilyte over the next 2 hours until finished.
- Continue with the clear liquid diet

The Day of your Colonoscopy:
***Diabetic Patients: You should take ½ dose of insulin and/or your oral diabetic medications. Monitor your blood sugar at your usual times.
- Nothing by mouth 6 HOURS prior to your procedure.
- Please arrange to have someone STAY and DRIVE you home after the procedure. You will not be able to drive yourself home or take a taxi alone.
CLEAR LIQUID DIET
DAY BEFORE PROCEDURE
Only items on this list are permitted

BEVERAGES:
- Coffee (no cream)
- Tea (no cream)
- 7UP
- Sprite
- Ginger Ale
- Water
- Apple Juice
- White Grape Juice
- Lemon-Lime Gatorade
- Lemon-Lime Crystal Light

SOUPS:
- Bouillon
- Fat Free Chicken Broth
- Clear Broth

SWEETS & DESSERTS:
- Honey
- Sugar
- Clear Popsicles
- Jolly Ranchers
- Jello (Plain, Lemon-Lime, or Pineapple)
- Butterscotch Candy
- Hard Candy (Green, Yellow, or Clear)

NO SOLID FOODS
CLEAR LIQUIDS ONLY

STAY AWAY FROM RED, PURPLE, BLUE AND ORANGE DYES