



East Valley Gastroenterology & Hepatology Associates

www.eastvalleygastro.com . Tel: (480)786-6655 . Fax: (480)786-6996

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.**



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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