

Colonoscopy

Trilyte Prep Instructions

**Belinda Ramirez,
M.D.**



Questions?

Call
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Dr. Ramirez has chosen to do this procedure on you to obtain more information so that she can make a definite diagnosis and plan your treatment. This procedure **does** require preparation the day before. All procedures require that you do not have anything to eat or drink after midnight the night before the procedure.

This procedure is done in a hospital or at our outpatient surgery center on an outpatient basis, which means that you will be in the hospital center for 3-4 hours, and then you will be allowed to go home. You will need to have a family member or friend with you who can drive home afterwards because you may feel some drowsiness and will not be able to drive yourself or go to work until the following day.

This procedure does not require general anesthesia; however, you will receive a medication for sedation given through an I.V. You will not feel or remember anything and you will recover shortly afterwards. When the doctor has completed the procedure he will ask to speak with the person who has accompanied you to the hospital and will give a preliminary report of his findings to that person. You will probably not speak with the doctor yourself because of the sedation.

When you have recovered completely, the discharge nurse will instruct you on Dr. Ramirez's discharge orders. These orders may pertain to activity, prescriptions, diet and possible signs or symptoms to look for that need to be reported to the doctor.

Dr. Ramirez will need to see you in the office for a follow-up visit. If you do not have a follow-up appointment, you will need to call the office and make one. The doctor will discuss the results of your procedure and his plan of treatment at this appointment. If the doctor has performed a biopsy during the procedure, he has sent it to the hospital lab for analysis. These results are received in our office by mail in 7-10 days after the procedure, except in the case of a seriously abnormal result. In this case, the hospital lab will notify the doctor directly and he in turn will immediately contact you. Otherwise, all results will be discussed at your appointment.



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**HOLD ANY BLOOD THINNERS, ASPIRIN, VITAMINS
3-DAYS PRIOR TO PROCEDURE. *Notify Prescribing Physician**

Note: Before beginning the following steps, have your prescription for TriLyte filled. Lemon-Lime TriLyte, Cherry TriLyte, and Orange TriLyte are available.

THREE DAYS BEFORE your procedure:

1. Stop all aspirin, aspirin products, blood thinners, anti-inflammatory medicines, vitamin E, and vitamins with iron. If you have any aches or pains, you may use Tylenol.
2. If you are on blood thinners, contact your PCP or cardiologist for consent to be off medication for 3 days. (Please DO NOT stop taking high blood pressure, asthma, seizure, or heart medications.)

ONE DAY BEFORE your procedure:

1. In the morning, prepare your TriLyte solution. Fill the gallon container with water and refrigerate. You will be on a clear liquid diet all day. *Clear liquids include: black coffee or tea, clear fruit juices (apple or white grape), broth or bouillon, not-red gelatin dessert, non-red Popsicles and Gatorade.*
2. You must be on a clear liquid diet all day. *Clear liquids include: clear broth or bouillon, water, Gatorade, strained limeade or lemonade, coffee or tea with no cream, clear fruit juices without pulp (such as apple or white grape), clear soda, Jell-O or Popsicles. **Nothing red, orange, or purple in color, and no milk products.*** Continue to drink as many fluids as you can throughout the day to help keep you hydrated and feeling full.
3. **At 9:00 AM, drink 1 bottle of clear magnesium citrate. (DO NOT DRINK IF YOU HAVE KIDNEY DISEASES.)**
4. **At 5:00 PM, begin drinking TriLyte as instructed 10-12 oz. every 15 minutes** until the bottle is empty. (Rapidly drinking a glassful is better than sipping an ounce or two at a time).
 - You will have consumed several glassfuls before having the first loose, watery bowel movement.
 - Initially, you may feel slightly bloated, but will become more comfortable as you continue to have bowel movements.
 - It will take approximately 3 hours to finish the solution. Diarrhea will continue for about 1 hour after you finish drinking the solution.
5. Continue clear liquids until midnight. **Nothing to eat or drink after midnight.**

THE DAY OF your procedure:

1. Take your heart, blood pressure, asthma, and seizure medications with a small sip of water.
2. You **MUST** be accompanied by a friend/relative 18 years or older, even if you take public transportation or have rides provided by Medicare or Medicaid. Procedures will be rescheduled if transportation arrangements have not been made for your safe return home.
3. SAGEC asks that you please leave all valuables at home, as we cannot be responsible for the loss of your valuables.

Please contact Dr. Ramirez's office 48 hours prior if cancellation or reschedule of procedure is necessary.

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