



NORTH VALLEY GASTROENTEROLOGY MEDICAL GROUP  
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YOUR PHYSICIAN:       DR. KAPOOR     DR. CHOW     DR. DOMA     DR. KIM

### (Additional prep) TRILYTE PREPARATION SCHEDULE

Patient Name: \_\_\_\_\_ Date of Procedure: \_\_\_\_\_ Time: \_\_\_\_\_

Place:     The Endoscopy Center     Adventist-Rideout Hospital

**IF YOUR PROCEDURE IS AT THE ENDOSCOPY CENTER: PLEASE READ RIGHT AWAY!**

1. Call your insurance company to verify benefits at The Endoscopy Center.
2. Please do not arrive any earlier than your scheduled time, as a bed may not be available.
3. Your procedure will start approximately 30 minutes after your scheduled arrival time.
4. Your length of stay will be approximately 2-4 hours.
5. You will need to bring a list of all medications you are taking.
6. If you wear reading glasses, please bring them. You need them to read your consent and discharge instructions.
7. Wear comfortable clothing- you will be given a patient gown to wear for the procedure.
8. It would be best to leave your valuables at home.
9. If you normally wear a pad for urine or stool incontinence, you may want to do so after the procedure.

**Pharmacy supplies:**

1. Trilyte (Prescription sent) for 2 gallons.
2. Dulcolax tablet (Four tablets) Over the counter
3. Gas X tablets (Four tablets) Over the counter

**SPECIAL INSTRUCTIONS AND RESTRICTIONS:**

1. Let your doctor know if you are on any blood thinners such as Plavix, Pradaxa, Effient, Prasugrel, Aggrenox, Warfarin, Eliquis, Xarelto or lovenox.

Hold the blood thinners (        ) days before procedure after permission from prescribing doctor.

PLEASE CALL YOUR PRECRIBING DOCTOR BEFORE HOLDING.

2. DO TAKE YOUR BLOOD PRESSURE AND HEART MEDICATIONS.
3. Insulin and Diabetes Pills: If you are a diabetic, it is important to monitor your blood sugar while doing the bowel preparation. You should take only ½ of your usual dose of insulin or pills on your prep day. You should not take any diabetic medications on the day of your procedure. Please be sure to check your blood sugar at home at all meals, at bedtime and on the morning of your exam.
4. Please bring only ONE person as space is limited. **CHILDREN ARE NOT ALLOWED.**
5. **YOU WILL NEED A DRIVER** the day of your procedure and someone to stay with you. You will be sedated for your procedure and likely to be sleepy. You **MUST NOT DRIVE** (it is illegal and unsafe), operate machinery,

we will have help throughout the entire 24 hours. (We cannot send you home in a box.)

- Your physician will speak to you and your driver between procedures. Because of the medication you may not remember your doctor talking to you. This makes it very important that your driver be present to hear what the doctor has to say.

### Five days before your colonoscopy:

- Start a low fiber diet (avoid nuts, seeds, corn, raw (uncooked) fruits and vegetables)
- Stop any, including medications or vitamins that contain iron

### Day Before Exam: Clear liquids only, NO SOLID FOOD

→ Your liquid or drink may be white, clear, light blue, light yellow, or light pink. Avoid coffee, tea, white vinegar, citrus (orange juice), apple white vinegar, pop, or all of these are allowed.

**NO MILK OR MILK PRODUCTS, NOTHING COLORED RED!!!**

Mix (and refrigerate if desired) Trilyte according to the directions.

**At 12 P.M. "DAY BEFORE THE TEST":** Start drinking the Trilyte, 1 eight ounce every 10-20 minutes until you finish 1 half gallon.

**At 2 P.M. "DAY BEFORE THE TEST":** Take four dulcolax tablets. Start drinking the Trilyte, 1 eight ounce every 10-20 minutes until you finish 1 half gallon. Take two Cias X tablets.

**At 12 A.M. "MORNING OF THE TEST":** Repeat Trilyte until mixture is finished (1 half gallon). Take two Cias X tablets.

Continue to drink a clear liquid up until four hours before your colonoscopy (Nothing to drink the four hours before the exam).

If you vomit or can't drink the entire gallon of the Trilyte preparation, please call the office at 671-3671.

**PLEASE DO NOT WAIT UNTIL THE MORNING OF THE PROCEDURE TO CONTACT THE DOCTOR IF YOU HAVE ANY PROBLEMS OR QUESTIONS!!! Please call us ANYTIME at 671-3671**