

Patient: _____ Date of Procedure: _____

Procedure: Colonoscopy _____ Arrival time: _____
(will call day before with exact time)

Place: The Center for Digestive Wellness, 10461 Wallace Alley St., Kingsport, TN 37663 (**Near Airport**)

***IF YOU HAVE NOT HEARD FROM US
by 2:00 p.m. the day before your procedure, please call our office for your arrival time.***

Five Days Before Procedure: _____
Date

1. Do not take Metamucil, Peridium, Citrucel, or any other bulk laxative.
2. Do not take iron pills or iron preparations (including multivitamins with iron).
3. Do not take aspirin, ibuprofen, Advil, Aleve, or arthritis medications.
4. You may use Tylenol and extra strength Tylenol.
5. Do not take any blood thinners, such as Coumadin, Warfarin, or aspirin, unless advised.
6. You may take all other medicines unless otherwise advised by Dr. Fenyves or Dr. Fry or our Nurse Practitioner.

PLEASE NOTE that during your prep, you may experience some rectal irritation which can be decreased by applying ***petroleum jelly (Vaseline)*** to your rectum before and after bowel movements, along with the use of adult wet wipes.

Day Before Procedure: _____

Date

1. You may have clear liquids all day. Examples: water, coffee (without milk), tea, carbonated beverages, apple juice, white grape juice, Jell-O, fruit flavored and powdered drinks, clear broth, bouillon, hard candy and Popsicles. **AVOID RED DYES.**
2. If you are a **DIABETIC**, only take **half** of your normal insulin or oral diabetic medication

3. You will be given a prescription for **Trilyte** to be filled at your pharmacy. Add lukewarm water to the “fill line” on the **Trilyte** bottle. Put the lid back on the bottle and shake it to dissolve the powder and refrigerate. You are to drink at least ½ (**half**) of the **Trilyte**.
4. **At 2:00 p.m.—take the 4 Bisacodyl (Dulcolax) tablets with water or Gatorade.**
 - » Do not chew or crush them. You need to swallow them whole.
 - » Do not take the tablets within 1 hour of taking an antacid.
5. **At 5:00 p.m.—begin drinking the Trilyte.**
 - » You need to drink 1 (8 oz) glass every 10-20 minutes until you drink 1/2 (**HALF**) of the solution.
 - » You will drink a total of 8 glasses.
 - » Do not take any other medication within 1 hour of drinking the solution. It will get flushed out of your system.
 - » Drinking **Trilyte** through a straw may decrease nausea or adverse taste.
6. You may continue to have clear liquids up to 3 hours before you arrive at our office for your procedure.
7. Notify the office if you develop a **severe** cold, fever, or other severe illness.

Day of Procedure: _____

Date

1. Early in the morning (at least 3 hours before your arrival time), drink the other 1/2 (**HALF**) of the **Trilyte** solution.

IF YOU ARE SEEING ANY STOOL OR ANY CLOUDY MATERIAL IN THE TOILET

you can use as many ***Magnesium Citrate** bottles as needed. It is important that you are thoroughly cleaned out in order for your physician to get a good look at your colon.

2. ***NOTE TO SEVERE HEART/KIDNEY FAILURE PATIENTS:**
Use Miralax (given as a prescription) in clear liquids instead of Magnesium Citrate.
3. You may drink **clear** liquids up to 3 hours before you arrive at our office for your procedure. **DO NOT EAT.**
4. If you are taking heart, blood pressure, seizure, or anxiety medications, please be sure to take them before your procedure. **Bring all medicine bottles** with you, including diabetic medications and inhalers.
5. Do **not** take oral diabetic medications or insulin on the morning of your procedure.
6. You will be administered IV sedation. Please come accompanied by a responsible driver who can drive you home. You will not be allowed to take public transportation or to drive your own car. You should not drive a car, operate machinery, or ingest alcohol for at least 8 hours.
7. Please refrain from smoking and do not wear lipstick or jewelry the day of your procedure.
8. You may bring slippers or footies for your comfort.
9. We anticipate your stay with us to be 2 to 4 hours. If you are scheduled at the hospital, it could be significantly longer.

The hard part is over once you see us!