

Alabama Digestive Disease, P.C.
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Colonoscopy Scheduled for:

Date: ___/___/___

Procedure Time: _____ A.M.

Arrival Time: _____ A.M.

Location: _____

*Note: before beginning the following steps have your Prescription for TRILYTE with Flavor Packs and Dulcolax (Bisacodyl) filled 24 to 48 hours prior to your procedure.

****2 days before your procedure try to eat lighter meals and drink plenty of water. The less there is to clean out of your colon the easier this is going to be!***

THE DAY BEFORE THE PROCEDURE or ___/___/___:

1. In the morning prepare your TRILYTE solution. Add ONE flavor pack and fill the container with tap water to the top. Refrigerate until ready to use.
2. Begin a Clear Liquid Diet starting with breakfast and remain on a Clear Liquid Diet the rest of the day. Please see the reverse side of this sheet for Clear Liquid Diet suggestions.
3. At 2PM take 2 Dulcolax (Bisacodyl) tablets. At 4PM take the other 2 Dulcolax (Bisacodyl) tablets. If you have cramping or abdominal discomfort after the first 2 Dulcolax tablets at 2PM you may skip the 4PM dose.
4. At 6PM start drinking the TRILYTE solution. Drink 8oz. every 15 minutes. It may be helpful to chill the glass and use a straw. Please pace yourself. Abdominal fullness and nausea symptoms are common. These should pass as you continue to have bowel movements.
5. After drinking 2 liters or HALF of the solution you may stop if your bowel movements are running clear. If they are not clear, with no sediment or color, then continue to drink the remainder of the TRILYTE. The TRILYTE bottle is marked on one side to determine how much of the solution has been consumed. Ask your pharmacist to show you these markings.
6. DO NOT eat or drink anything after midnight the night before the procedure.
7. **IF YOU ARE TAKING MEDICATIONS, ESPECIALLY BLOOD THINNERS OR DIABETES MEDICATIONS< CONSULT YOUT PRIMARY CARE PHYSICIAN FOR ADDITIONAL INSTRUCTIONS BEFORE BEGINNING THIS COLONOSCOPY PREPARATION.**

THE DAY OF THE PROCEDURE:

8. You may take your heart or blood pressure medication with a sip of water. All other medications can wait until after the procedure is complete.
9. Please have someone with you that can stay and drive you home. You will be sedated and need assistance.

FOR THE BEST RESULTS YOU NEED TO HAVE A CLEAN AND CLEAR COLON. IF YOU HAVE QUESTIONS PLEASE GIVE US A CALL AT (205) 933-2691.

***Try to start eating lighter and drink plenty of fluids 2 days prior to your procedure. The less food you need to clear out of your colon the easier the TRILYTE prep will be. The day before your procedure or "prep day" CLEAR LIQUIDS ONLY – NO SOLID FOOD.**

The 3 Rules or a Clear Liquid Diet:

1: "No Solid Food"

Example: Chicken Noodle Soup

Yes it is clear because of the broth but the noodles and vegetables are solid foods. Strain out the noodles and vegetables and the chicken broth is considered a Clear Liquid.

2. "No Dairy Products"

Example: Milk, Yogurt, Ice Cream

Dairy makes the colon cloudy. You may still have your favorite Coffee or Tea just do not add any creamer or milk to it.

3. "No Red or Purple Dyed Products"

Example: Popsicles, Jell-O, Gatorade, Fruit Juice

All are considered a clear liquid diet. DO NOT eat red or purple colors. All other colors are OK.

The "OK" List:

*coffee, tea (no added dairy products)

*Chicken or Beef broth

*Popsicles, Jell-O, Gatorade (no red or purple colors)

*Fruit Juices (Apple, White Grape, Lemonade)

*Hard Candies (sugar free mints, sugar free butterscotch)