

**Mountain View Gastroenterology, PC**  
**Debra J. Townsend, M.D.**

Name: \_\_\_\_\_

Facility: \_\_\_\_\_ Procedure Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Check In Time: \_\_\_\_\_

**PREPARATION INSTRUCTIONS FOR COLONOSCOPY (Trilyte or Generic PEG 3350 solution)**

**\*\*Please read all of these instructions carefully\*\***

For any questions, please contact our office at 520-320-1369 so a staff member can go over them with you.

- 1.) **One week** before your exam you should stop taking aspirin, non-steroidal anti-inflammatory agents (Tylenol is ok to continue), high dose vitamin C and E, herbal supplements and iron supplements.
- 2.) **5 days before your exam** you must stop taking Coumadin, Plavix or other anticoagulants (blood thinners) after approved by your Cardiologist or Primary Care Physician and substitute with Lovenox under their directions when indicated.
- 3.) **5 days before your exam** stop any fiber agents, i.e. Metamucil, Citrucel, and Benefiber.
- 4.) If you are a **diabetic** and take medication for your diabetes: Take ½ the dose the day before the procedure and none the day of the procedure, until you have eaten.

**\*METFORMIN MUST BE HELD FOR 48 HOURS BEFORE PROCEDURE.**

- 5.) **Day before your exam:** \_\_\_\_\_
  - If you have a history of **chronic constipation**, we recommend you purchase Dulcolax laxative tablets and take 2 tablets.
  - In the morning you will begin your Clear Liquid Diet. Refer to the separate Clear Liquid Diet Instruction sheet for guidance.
  - In the morning mix the Trilyte or generic powder with 1 gallon of drinking water and refrigerate. Bring it out of the refrigerator 15 to 30minutes before drinking to prevent the chills.
  - Drink as much of the Clear Liquid Diet throughout the day as you can. **NO SOLID FOOD!**
  - At 5PM start drinking only 1 galloon laxative. Drink (1) 8oz glass of the laxative every 10 to 15minutes until all is gone.
  - For relief of gas,cramps, bloating,etc.you take Gas-X or Simethicone tablets (these can be purchased over the counter at any drug store).
  - Individual responses to laxative vary. Remain close to a toilet, as multiple bowel movements will occur.
- 6.) **Day of your exam:** \_\_\_\_\_
  - STOP DRINKING clear liquids 4hours prior to your exam. Nothing by mouth i.e. empty stomach 4 hours before exam.
  - Wear comfortable clothing
  - Please bring a list of your medications with you.
  - Arrive for appointment, depending on facility as noted:
    - \*If scheduled at **TGI-Tucson Gastro Institute** arrive—**30minutes** prior to procedure
    - \*If scheduled at **TSC-Tucson Surgery Center** arrive—**1 hour** prior to procedure
  - You must have someone drive you home after your exam.

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- Drink as much of the Clear Liquid Diet throughout the day as you can. **NO SOLID FOOD!**
- At 5PM start drinking only 1 galloon laxative. Drink (1) 8oz glass of the laxative every 10 to 15minutes until ½ is gone. Refrigerate the remaining of laxative for tomorrow AM.
- For relief of gas,cramps, bloating,etc.you take Gas-X or Simethicone tablets (these can be purchased over the counter at any drug store).
- Individual responses to laxative vary. Remain close to a toilet, as multiple bowel movements will occur.

**Day of your exam:** \_\_\_\_\_

6 hours before scheduled procedure time \_\_\_\_:\_\_\_\_ finish the remaining of Trilyte or generic laxative within 2 hours.

- \_\_\_ Take any heart/blood pressure/seizure medications 4 hours before procedure with a small sip of water. STOP DRINKING clear liquids 4hours prior to your exam. Nothing by mouth i.e. empty stomach 4 hours before exam.
- \_\_\_ Please bring a list of your medications with you.
- \_\_\_ Arrive for appointment, depending on facility as noted:
  - \*If scheduled at **TGI-Tucson Gastro Institute** arrive—**30minutes** prior to procedure
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