

Procedure Location

Bend Surgery Center
1303 NE Cushing Drive
Suite 200
Bend, Or 97701
541-318-0858

St. Charles Hospital MDU
2500 NE Neff Rd.
Bend, Or 97701
541-382-4321

PATIENT NAME:

DATE & TIME:

PHYSICIAN:

PRESCRIPTION:

COLONOSCOPY PREPARATION WITH TRILYTE SPLIT DOSE

- A nurse from the procedure center will be contacting you prior to your procedure for a brief interview.
- **You must have a responsible adult drive you home after your procedure and stay with you for the remainder of the day. (You cannot use a taxi or Dial-a-Ride).**

ONE WEEK PRIOR TO THE PROCEDURE

- **If you are taking Coumadin or any blood thinners such as Plavix or Aggrenox you must contact your doctor. DO NOT STOP this medication unless this was cleared by your physician.**
- Stop taking anti-inflammatories or any products containing Ibuprofen one week prior to your procedure.
- Stop taking Fish Oil, Iron tablets and Vitamin E one week prior to your procedure.
- You may take Tylenol if needed.

3DAYS PRIOR TO PROCEDURE

- **Avoid the following foods:**
Foods with seeds (poppy seeds and breads with seeds)
Nuts
Quinoa
Salads (lettuce, kale, spinach)
Corn
Beans/lentils
Nonfat potato chips with olestra

DAY PRIOR TO THE PROCEDURE

- **CLEAR LIQUIDS ONLY** (see clear liquid diet page two). **This means no solid food from the time you wake up.**
- Mix Trilyte with one (1) gallon of water. You may flavor the prep with Crystal Light (**Do not use red**).

- Begin drinking the Prep at 6:00pm. You must finish one-half the gallon this evening-drinking one glass every twenty-thirty minutes. It is important to drink additional fluids in between each glass of laxative.
- The prep will cause you to have liquid diarrhea, so you need to be near a bathroom.
- **It is important that you drink other fluids, in addition to the Trilyte laxative.**

DAY OF THE PROCEDURE

- **You will need to finish the remaining one-half gallon of laxative this am. Drinking one glass every twenty-thirty minutes. It is important to drink additional fluids between each glass of laxative. You must finish the remaining laxative no later than five hours prior to your procedure.**
- **You may have clear liquids up until four hours prior to your procedure; then absolutely nothing in by mouth (i.e. gum, candy).**
- If you are taking Insulin, take ½ of your usual morning dose, or check with your primary care physician for appropriate instructions. Take blood pressure and heart medications with a sip of water on the morning of your procedure, otherwise **nothing in by mouth for four hours prior to your scheduled time.**
- **Your scheduled procedure time is subject to change.**

CLEAR LIQUID DIET

FOOD ALLOWED

- CLEAR BROTH (CHICKEN, BEEF, VEGETABLE)
- TEA OR COFFEE WITHOUT CREAMER
- FLAVORED GELATIN (JELLO)-**NOT RED OR PURPLE**
- JUICE WITHOUT PULP
- SODA
- GATORADE
- POPSICLES- (**NO RED**)

FOODS NOT ALLOWED

- PULP JUICES
- DAIRY PRODUCTS
- ALCOHOL
- **ANY RED LIQUIDS**

ALL CANCELLATIONS REQUIRE 72 HRS NOTIFICATIONS.

Any questions concerning your bowel preparation, please contact the Gastroenterology Department at Bend Memorial Clinic at 541-706-6490.