



**Ernesto
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Questions?

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Colonoscopy CoLyte/TriLyte Prep Instructions

ONE WEEK BEFORE your procedure:

1. Our office will call you and your CoLyte/TriLyte prescription will be called in to your pharmacy.

FOUR DAYS BEFORE your procedure:

1. Stop all aspirin, aspirin products, blood thinners, anti-inflammatory medicines, vitamin E, and vitamins with iron. If you have any aches or pains, you may use Tylenol.
2. If you are on blood thinners or aspirin, contact your PCP or cardiologist for consent to be off medication for 4 days.

ONE DAY BEFORE your procedure:

1. **In the morning**, mix solution of CoLyte/TriLyte with flavor pack and lukewarm water, then refrigerate.
2. Have a light breakfast **before 10:00 AM**. (Ex: Oatmeal, cereal, toast, cream of wheat. **NO MEAT!**)
3. After 10:00 AM, you will be on a clear liquid diet all day. *Clear liquids include: Popsicles, Jell-O, broth or bouillon, clear or strained fruit juices, Gatorade, clear sodas, black coffee or tea. **Nothing red, orange, or purple in color, and no milk products.*** Continue to drink as many fluids as you can throughout the day to help keep you hydrated.
4. **Between 4:00 PM and 6:00 PM**, drink an 8 oz. glass every 10-15 minutes until the entire gallon is gone. This will be 16 glasses. Rapidly drinking a glassful is better than sipping once or twice at a time. (This will give you diarrhea).
5. Continue to drink clear liquids until midnight. **Nothing to eat or drink after midnight.**

THE DAY OF your procedure:

1. Take your heart, blood pressure, asthma, and seizure heart medications the day of your procedure with a small sip of water.
2. All patients must have a family member or friend to sign your discharge orders, even if public transportation is taken or rides provided by Medicare or Medicaid. Procedures will be rescheduled if transportation arrangements have not been made for your safe return trip home.
3. Please leave all valuables at home, as we cannot be responsible for the loss of your valuables.

Please contact Dr. Guerra's office 48 hours prior if cancellation or rescheduling procedure is necessary.