

Advanced Gastroenterology

10110 Molecular Drive, Suite 111

Rockville, MD 20850

Tel: 301-838-4224 Fax: 301-838-4244

Ghanshyam Gupta, M.D.

Margaux Gonzalez, PA-C

Colonoscopy: Double Preparation

Your procedure is scheduled for: _____ arrive at _____
Date Time

Advanced Surgery Center, LLC
10110 Molecular Drive,
Suite 100
Rockville, MD 20850
(301) 838-0437

Shady Grove Adventist Hospital
Out-Patient Surgery Center
9901 Medical Center Drive,
Rockville, MD 20850
(240) 826-6000

Important notes:

- *Plan to be at the center for at least three (3) hours.
- *You must make arrangements for someone (over 18) to drive you home after the procedure.
- *Please pick up your **Trilyte** prescriptions from your local pharmacy at least three (3) days prior to your procedure.
- ***OVER THE COUNTER MEDICATIONS:** You will need to pick up one (2) bottle of **Magnesium Citrate** and one (1) box of **Dulcolax 5mg (Bisacodyl) tablets**. (You will only need four 4 tablets).

Medications:

If you are taking:

- Blood Pressure medications: Okay to continue. Please take **3 hours before your procedure**.
- If you use an inhaler, please bring it to your appointment.

Starting on: _____ **As soon as you wake up you will begin your preparation and start your clear liquid diet.**

- CLEAR LIQUIDS:**
- Water
 - Soda
 - Jell-O
 - Tea
 - Gatorade
 - Broth (Chicken, beef, vegetable **flavor**)
 - Coffee (No creamer/milk)
 - Clear Ensure

NO: Gum, Candy, Solids, Milk, Pulpy Juices, V-8, Red or Purple liquids.

Please flip the page to see the instructions on the other side



How to take Double prep: (The day before your procedure)

1. Mix Trilyte with lukewarm water the morning before your procedure and chill in the refrigerator until you are ready to drink it.
2. **At 12:00 pm (Noon):** take 4 tablets of **Dulcolax** with a glass of clear liquid.
3. **At 2:00 pm:** Begin drinking **Trilyte** solution, you can drink a glass of the solution every 10-15 minutes until you have finished **HALF** of the gallon.
4. **At 5:00 pm:** Drink one (1) bottle of **Magnesium Citrate**.
5. **At 8:00 pm:** Grab the **Trilyte** solution from the refrigerator and continue to drink a glass every 10-15 minutes until you have finished the **ENTIRE** gallon.
6. **At 11:00 pm:** Drink the second and last bottle of **Magnesium Citrate**.
7. You may continue drinking clear liquids until midnight. ***(If your procedure is scheduled for 2:00 pm or later you may drink clear liquids until 9:00 am the morning of your procedure)**

If your prep is not satisfactory due to failure to follow the instructions

The doctor will have difficulty seeing the insides of your colon. You will have to redo the prep and come in for a repeat colonoscopy. You may also be subject to a \$100 fee.

If you have any trouble, don't understand, or have any questions about the prep or what you are allowed to eat, please call the office at 301-838-4224.



- ❖ To prevent soreness from wiping, try soft toilet tissue or pre-moistened bathroom wipes.
- ❖ Drink plenty of water to keep yourself hydrated.
- ❖ If you experience anal irritation, try using Tucks or any brand of baby wipe followed by a generous application of Vaseline petroleum jelly to the external anus after each watery bowel movement.
- ❖ Feelings of bloating and nausea are common. This is temporary and will subside. You may also call our office at (301) 838-4224.