

Advanced Gastroenterology

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Rockville, MD 20850

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Colonoscopy: Trilyte 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** prescription from your local pharmacy at least three (3) days prior to your procedure.
- ***OVER THE COUNTER MEDICATIONS:** You will need to pick up one (1) bottle of **Magnesium Citrate** and one (1) box of **Dulcolax 5mg (Bisacodyl) tablets**. (You will only need eight 8 tablets).

Medications:

If you are taking:

- Blood Pressure medications: Are 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, Milk, Pulpy Juices, V-8, Red or Purple liquids.

Please turn page over to review your preparation instructions



**How to take Trilyte:
(The day before your procedure)**

1. **At 6:00 am:** Start by taking 4 tablets of **Dulcolax (Bisacodyl)**
 2. **At 12:00 pm (Noon):** Take another 4 tablets of **Dulcolax (Bisacodyl)**.
 3. **At 6:00 pm:** Begin drinking **Trilyte** solution, you **MUST** finish the **entire prep** by 10:00 pm.
 4. **Six (6) hours** before your procedure (_____), take **one (1)** bottle of **Magnesium citrate**. This should be the last thing you drink. You may **NOT** continue drinking liquids until after your procedure.
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***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.