

**Colonoscopy Prep Instructions Trilyte/NuLyte Prep**

You have been scheduled for a colonoscopy. A colonoscopy is the procedure during which the doctor inserts a lighted flexible endoscope and looks inside your colon to check for polyps (abnormal tissue growths) or any other abnormal areas of tissue.

Before your test there are several steps you need to take to clean out your colon. This helps the doctor to see the entire colon and do the best test possible.

Your appointment is at \_\_\_\_\_  
on \_\_\_\_\_

at \_\_\_\_\_ with an arrival time of \_\_\_\_\_ and is scheduled with  
Dr. \_\_\_\_\_.

Please stop taking iron supplements or any multi-vitamins containing iron 7 days prior to the test. Please do not take Ibuprofen or Aleve for 5 days prior to your procedure. If you are on **ASA, Lovenox, Aspirin, Coumadin, or Plavix** and have not been instructed on what to do with these medicines, contact our office immediately.

The day before your test:  
No Solid Foods the entire day.

You are only allowed to have a clear liquid diet. Please refer to copy of clear liquid diet in your colon screening pack.

You will have a bowel prep to clean your colon. We use TriLyte/NuLyte w/Flavor Packs. You will need to get the attached prescription filled. These medications come in 4 liter bottles with a powder in the bottom. TriLyte/NuLyte comes with flavor packets to add to the solution (add flavor of choice). In the morning fill the bottle to the line on the bottle with warm water. Mix thoroughly and place in the refrigerator to chill.

If you do not work, begin drinking the medication at 10:00 am and end by 4:00 pm. If you work, begin drinking the medication as soon as you get home and drink 8 oz. every 20 minutes until all the medication has been taken.

**Please have nothing to eat, drink, or chew after midnight the night before your test.**

The morning of the test, please do not eat or drink anything. If you take blood pressure or heart medications please take them with a sip of water prior to your test. Regarding diabetic medications, you should consult with your prescribing physician

If you have an afternoon procedure you may have a clear liquid breakfast at least 4 hours prior to your scheduled arrival time for the procedure. Please limit intake to 8 oz. of liquid. Please do not wear any jewelry on the day of your procedure.

Please do not forget to have someone come with you that can drive you home after the test. If there is not a driver with you, your test will not be done. This person must be present during your procedure.

**You must have a driver and he/she will need to stay the entire time of your procedure. Please avoid wearing any jewelry.**

If you have any questions please call 678-741-5000 and ask to speak to a member of the clinical staff.