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**COLONOSCOPY PREPARATION INSTRUCTIONS
(TRI-LYTE SOLUTION & DULCOLAX TABLETS)**

Please follow these directions to prepare for your Colonoscopy. Adhering to these directions is very important for a thorough visualization & examination of your Colon.

MEDICATIONS NEEDED TO COMPLETE THE PREPARATION:

These medications are available at any pharmacy. In preparation for your procedure, you have been given a prescription for **TRI-LYTE** to take to your pharmacy. Please fill the prescription as soon as possible. Also, you will need a quantity of 2, 5 mg **Dulcolax** (bisacodyl) tablets.

FIVE TO SEVEN DAYS BEFORE THE TEST:

1. **Stop** taking all blood-thinning medications such as **Coumadin, Heparin, Ibuprofen, or aspirin-containing products.**
2. Stop taking all medications that contain Iron until your Colonoscopy is completed.
3. Continue any other medications you normally take.
4. For females: If you have started your menstrual period, it is still OK to do the Colonoscopy.

PLEASE DISREGARD ANY INSTRUCTIONS ON THE PREPARATION BOX AND FOLLOW OUR INSTRUCTIONS ON THIS SHEET!!!!

THE DAY BEFORE THE TEST:

1. Eat a **clear liquid diet** for breakfast, lunch and dinner the day before the test. Clear liquids include: tea, coffee (no cream), juices (apple, white grape), Popsicles, soda, Gatorade, kool-aid, jello (but please no red or purple flavors of the drinks), broth or bouillon. No milk products. No orange or grapefruit juice or lemonade.
2. If you are a diabetic on insulin, take ½ the morning and evening dose of insulin, since you will be on clear liquids.
3. Continue clear liquids throughout the evening and night. You might want to avoid carbonated beverages during the drinking of the preparation solution as this creates gas bubbles and belching may stimulate nausea and/or vomiting.
4. **At 12 p.m. (noon)** take both Dulcolax (bisacodyl) tablets with 8 ounces of clear liquid. Then select one of the flavor packets that comes with the Tri-Lyte solution. Mix it with the powder already in the 4 liter container. Add lukewarm water to the fill line on the container and shake well until the powder has dissolved. The Dulcolax can start working within a few hours after taking it.
5. Add nothing else (this includes ice, sweeteners, etc) to the solution. **PLACE IN REFRIGERATOR** until ready to drink that evening.

THE EVENING BEFORE THE TEST (*VERY IMPORTANT*):

1. **Between 6:00 and 8:00 p.m. begin drinking** the Tri-Lyte solution. Drink an 8 ounce glass (=1 cup) of the solution every 10-15 minutes **until 2/3 of the solution is gone**. **Save the other 1/3** & refrigerate for the morning of the test. It is recommended to drink the whole glass rapidly, rather than to sip small amounts. A straw usually helps with this also. Set a timer if necessary.
2. Bowel movements can happen **as soon as one hour after beginning** the drinking of the solution and will continue for some time after you finish the last glass.
3. You will need to drink plenty of clear liquids (not carbonated) throughout the evening to keep yourself hydrated and to help the laxatives work.
4. Feelings of bloating, abdominal fullness, and nausea are common after the first few glasses of the solution. This is usually temporary and should subside.
5. Try to minimize your activity during the drinking of this preparation as to help prevent nausea. Grab a good book, magazine, watch TV or pop in a movie to help limit your activity. You may also want to have a blanket handy as this chilled solution may make you a bit “chilly”.

THE MORNING OF THE TEST (*VERY IMPORTANT*):

1. **Three (3) hours before you leave home** or earlier if desired, **start drinking the remaining 1/3** of the Tri-Lyte solution as per the night before. Once finished with the solution your bowel movements should be clear (Mt. Dew colored).
2. Hold all oral medications *except* for blood pressure/heart medications, seizure medications, inhalers and prophylactic antibiotics until after the procedure. You may take those with a small sip of water. For those insulin dependent diabetics, please take 2/3 of your morning dose of insulin.
3. **DO NOT CONSUME ANY LIQUIDS 2 HOURS PRIOR TO YOUR GIVEN CHECK IN TIME.** This will result in a delay of your procedure for that morning.
4. Dress comfortably. You may wish to bring a change of clothes in case of soiling the ones you are wearing. **BRING AN UPDATED LIST OF YOUR MEDICATIONS AND YOUR INSURANCE CARDS.**
5. You **CANNOT DRIVE** the day of the procedure so **please arrange for a driver to bring you or pick you up** and you cannot return to work that day. Also, we recommend you not stay alone after the exam. All this is because of the sedatives you will receive during the procedure to help minimize pain and discomfort. The total time at the Endoscopy Center or Hospital will be approximately 1-3 hours.

AFTER ARRIVING AT THE ENDOSCOPY CENTER OR HOSPITAL:

After arriving, check in at the registration desk. Have **insurance cards ready** for receptionist. A nurse will then bring you back into the Endoscopy Suite where they will have you change into a gown, get your vital signs, medical history and **medication list** and have you sign a consent allowing Dr. Pineda to perform the procedure. The nurse will also start an IV in your arm for sedatives you will receive once in the procedure room. Prior to the procedure an Anesthesiologist and/or nurse anesthetist will go over the sedation you will receive and ask you questions relating to this. Once in the procedure room, Dr. Pineda will greet you and ask you any pertinent questions relating to your condition, etc. and soon after you will be put to sleep by the nurse anesthetist. The procedure can last anywhere from 10 minutes to 30 minutes. Once finished, you will return to the Recovery Area to awaken and within 15 to 20 minutes Dr. Pineda or a nurse will be giving you and/or your family member/driver the results of your Colonoscopy. Before leaving the Center or Hospital you will be given discharge instructions regarding activity, diet, IV site care and follow-up.

Within **two to four** working days after your procedure the **results** of any pathology (i.e. polyps, biopsies, etc.) will be forwarded to our office. You may call for your results and Dr. Pineda or staff will return your call. A copy of your Colonoscopy report and any pathology results will be forwarded to your referring Physician.

If you have **any questions** concerning the Colonoscopy or these directions, please do not hesitate to call Dr. Pineda's office at 573-876-1788 **or the facility at which your procedure is to be performed**. If it is after normal office hours, please follow the instructions on the answering machine at that facility to contact Dr. Pineda or the Physician on call for him.

HERE ARE SOME TIPS FOR DRINKING THE SOLUTION

1. CHILL IT! Put it in the refrigerator until you are ready to start drinking it. Try chilling the glass, too! We all know it's not very tasty. But do the best you can.
2. Don't sip. Drink the whole glass quickly. Try using a straw!
3. Keep a timer set to every 10 or 15 minutes if necessary to keep you drinking.
4. Keep a blanket next to you for those "cold chills" you may experience.
5. Grab a good book, magazine, watch TV or pop in a movie to help minimize activity and/or nausea.
6. Pick up some over-the-counter "anti-nausea" medication at the pharmacy for those of you who are easily nauseated. Ask the pharmacy tech where they are located. Take one 30 minutes before you start drinking both times.
7. Steer away from carbonated beverages during the "drinking time" to help prevent nausea and/or vomiting due to the gas bubbles/belching it can cause.
8. Should you experience severe bloating, distention or abdominal pain, slow down the drinking or temporarily discontinue until the symptoms abate.