

**PROCEDURE LOCATION: (If you are unsure of the exact place and time, please verify with the office)**

- Virginia Hospital Center Arlington 1635 North George Mason Drive 2<sup>nd</sup> floor - GI out Patient Center, Gold Parking
- Fairfax Hospital 3300 Gallows Road, Falls Church, VA Women's & Children's Center – Blue Entrance
- Woodburn Endoscopy Center 3301 Woodburn Road, Suite 109 Annandale, Virginia

**APPOINTMENT DATE:** \_\_\_\_\_ **ARRIVAL TIME:** \_\_\_\_\_ **PROCEDURE TIME:** \_\_\_\_\_

*Please notify the office if you have an Internal Defibrillator or Cardiac Stent*

**Colonoscopy Instructions With Trilyte/ Colyte/ Golytely or Nulytly 2 day Prep**

**TO PURCHASE:** one container of TRILYTE/ COLYTE/GOLYTELY or NULYTLY from your pharmacy using the attached prescription, and one 10 oz bottle of Magnesium Citrate (no red.)

1. **DISCONTINUE 5 DAYS IN ADVANCE OF YOUR PROCEDURE** all aspirin, ibuprofen or Advil type products, blood thinners (Coumadin, Plavix, Aggrenox, Ticlid, Persantine.) **If you take any of these medications for cardiac reasons, check with your regular doctor before stopping them.** Tylenol may be used as needed. Your other necessary medications are OK to take.
2. **USE A CLEAR LIQUID DIET** for 2 FULL DAYS before the colonoscopy day, beginning first thing in the morning, all day for both days. Do drink plenty to stay hydrated. You will not return to your regular diet with food until after your colonoscopy.
3. **AT 5:00 P.M. 2 DAYS BEFORE YOUR COLONOSCOPY**, drink the bottle of Magnesium Citrate followed by 8 ounces of any clear liquid. Continue on lots of clear liquids. This is a laxative and will begin to work in a few hours.
4. **THE MORNING BEFORE YOUR COLONOSCOPY DAY** mix the Trilyte according to the package instructions and refrigerate. (It must be used within 48 hours of mixing)
5. **AT 5:00 P.M., THE EVENING BEFORE YOUR COLONOSCOPY DAY:** begin drinking 8 oz. of the mixture every 10 minutes until you have completed 3 liters of the 4 liter bottle (the bottle has the liters marked on the side.) You will finish the remaining one liter the morning of your colonoscopy. This is a laxative and works quickly. Be very close to a bathroom. You may continue clear liquids.
6. **THE MORNING OF YOUR COLONOSCOPY**, drink the remaining liter of the Trilyte just as you did the day before, one glass every 10 minutes. If your arrival time for your procedure is **at or before 7:00 a.m.** drink the mixture at 4:00 a.m. If your arrival time is **after 7:00 a.m.** drink the mixture at 5:00 a.m. You may continue on clear liquids until 4 hours prior to your procedure then nothing by mouth. Necessary medications early in the morning are OK.

Please have a responsible adult to drive you home after your procedure or you may take a cab only if accompanied by an adult. You are not to drive for the rest of the day after your procedure.

Be certain you have provided all current insurance information and necessary referrals to our office at least two weeks prior to your procedure date. Referrals apply only to HMO and Managed Care plans.

*To cancel or reschedule give 5 business days advance notice to avoid a charge*

**Also download the “Colonoscopy frequently asked questions” and “Clear liquid diet.”**