

**Patient Instructions for Colonoscopy**

(Trilyte Prep)

You are scheduled for an examination of your intestine (colon) by means of a fiberoptic endoscopy. An endoscope is a flexible tube, about as large around as a dime. The tube is passed through the anal canal into the rectum and then advanced through the entire colon. Through this tube we can directly see the inside of your colon. This test is called a **COLONOSCOPY**. It is relatively painless, although there may be some discomfort as a result of introducing air and moving the endoscope inside the bowel. Medication is given before and during the test to minimize this discomfort. The test may take an hour to perform depending on the course that the colon takes in the body. This test can give us information about your colon that we cannot obtain in any other way including xrays.

Your test will be done in the endoscopy suite at \_\_\_\_\_  
Before starting your test you will be given a sedative injection which will relax you so that your test can be performed with the absolute minimum of discomfort. You will not be completely asleep but will be able to be aroused, if necessary, to cooperate with the examination. The comment made most often by patients who have had this test is: "That's not as bad as I thought it would be."

**Changes to current medications before the exam:****Please follow these few simple instructions:**

1. On \_\_\_\_\_ drink plenty of **clear liquids** all day (such as water, tea, coffee, apple juice, clear broths, and jello). Do not eat any solid foods.
2. At 6:00pm, START DRINKING THE CLEANSING SOLUTION CALLED TRILYTE. Drink one glass every 10 minutes until 3 liters are consumed. This will cause a thorough cleansing of your bowel without the usual cramping and discomfort caused by a harsh laxative.
3. DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT \_\_\_\_\_.
4. Take the fourth liter of TRILYTE the next morning, a few hours before the exam.
5. Dress comfortably. Wear loose clothing and arrange to have a friend or relative take you home after your test, as it would be unsafe for you to drive after sedation.
6. Your test is scheduled for \_\_\_\_ am/pm on \_\_\_\_\_  
Report to \_\_\_\_\_ at \_\_\_\_\_ Hospital at \_\_\_\_ am/pm.
7. After your test you will remain in the recovery area until you have recovered from the sedative. Since you will receive sedation you cannot drive. You must arrange for someone to drive you home.

If you have any questions that haven't been answered, please ask us or call the office.