



SAN JOSE GASTROENTEROLOGY

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INSTRUCTION FOR COLONOSCOPY – Trilytely/Nulytely

For the best possible examination, please follow the instruction below carefully.

1. Avoid taking Iron pills one week prior to your procedure.

2. One day prior to your procedure:

- Limit your diet to clear liquids such as Jell-O (Avoid Red Color), 7-up, gingerale, clear broth, apple juice, water.
- Drink 4 liters Trilyte/Nulytely/Golytely/Colyte starting at 7PM. Finish the medication over 3 to 4 hours.
- If you are scheduled for the procedure after 11AM, you can drink 2 liters of the medication in the evening and finish the rest early in the morning at 6AM.
 - After drinking medications, you may drink clear liquid only, i.e., water, soft drink, gatorade.

3. On day of your procedure:

- You may take your heart and blood pressure medications, etc. with small sips of water only.

DO NOT take your diabetic medications or inject insulin on the day of procedure. You can resume your diabetic medications the same day after procedure. If you feel hungry or thirsty, you may have small glass of clear liquid drinks 4 hours prior to procedure.

- **STOP** the following medications if instructed by physician: Aspirin Coumadin Plavix
Check with physician if you have any questions.

It takes approximately 30-45 minutes for the physician to perform a Colonoscopy. After the procedure you will remain in the recovery area for approximately 20 minutes or when your condition is stable.

It is imperative that you have someone accompany and drive you home after your procedure as you will be drowsy due to sedative and pain medications given during the procedure. If you are working, please plan to take the day off.

If you have any questions regarding these instructions or the Colonoscopy procedure, please don't hesitate to contact our center or your doctor's office. Also, if you need reschedule or cancel your appointment, please let us know 72 hours prior to the date of the examination. **408-347-9005.**

Important Notes:

- follow the above bowel prep instruction
- leave the jewelry and valuable items at home
- need someone to drive you home

***** Please note, the safety of our patient is very important to us, if you do not have a person to drive you home on the day of your procedure, we reserve the right to cancel your appointment.**

***** Please do not leave children unattended during your procedure. We cannot provide care for the children and are not held responsible for any injury or accident that may occur. Thank you for your cooperation.**