



Digestive Health Consultants  
Of Northern California

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## TRILYTE (PEG 3350) PREP INSTRUCTIONS FOR YOUR COLONOSCOPY TWO DAY PREP

Arrival Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_ Procedure Time: \_\_\_\_\_

Endoscopy Center  
1200 Sonoma Ave #2  
(707) 571-2192

Memorial Hospital  
1165 Montgomery Dr.  
(707) 525-5224

Sutter Hospital  
3325 Chanate Rd.  
(707) 576-4511

Healdsburg Hospital  
1375 University Ave.  
(707) 431-6500

Doctor:      Auld              Faust              Ghassemi      Hornberger      Kohli              Lustberg

### 7 Days Before the Exam:

- If you are taking ***Coumadin (Warfarin), Plavix, Lovenox, Aggrenox, NSAIDS (Motrin, Advil, Naprosyn, Relafen or the like)*** or any other blood thinning medication, **make sure you know if and when you are to stop these medications.** Call the office TODAY if you are unsure. You may continue to take a single aspirin tablet daily.

### 3 Days Before the Exam:

- Stop eating nuts, seeds, popcorn, tomatoes, peanuts, corn, berries, and breads or crackers with visible seeds.

### 2 Days Before the Exam:

- Purchase the prep ingredients from your pharmacy: one 10 oz. bottle of Magnesium Citrate, one gallon TriLyte, or equivalent, and 4 Dulcolax (bisacodyl) laxative tablets.
- If you are diabetic and taking insulin or using an insulin pump, use \_ your daily dosage today. If you are taking oral diabetic medications, take \_ the dosage you usually take.
- Purchase soothing wipes and barrier cream such as A&D ointment to help with anal irritation. Do not use Desitin.
- **Begin clear liquid diet.** Do not eat anything solid. Drink only clear liquids the entire day. Clear liquids include: coffee, tea, (both without any milk or milk products), jello, popsicles, sport drink (nothing red, orange or purple in any product), broth, white grape juice, white cranberry juice, soda, vitamin waters (not colored)
- You may also drink Boost (Vanilla only), or a similar product, until 5 p.m. Use the sugar free version if needed.
- **2 pm:** Drink the 10 oz. bottle of Magnesium Citrate.
- Bowel movements may begin within 30 minutes or may take up to 6 hours.
- In evening fill TriLyte container with water and a flavor packet (or Crystal Light lemonade flavor) and refrigerate.

### 1 Day Before the Exam (Prep Day):

## Two Day Prep, page 2

- **Begin clear liquid diet.** Do not eat anything solid. Drink only clear liquids the entire day. Clear liquids include: coffee, tea, (both without any milk or milk products), jello, popsicles, sport drink (nothing red, orange or purple in any product), broth, white grape juice, white cranberry juice, apple juice, soda, vitamin waters (not colored)
- You may also drink Boost (Vanilla only), or a similar product, until 5 p.m. Use the sugar free version if needed.
- If you are diabetic and taking insulin or using an insulin pump, use \_ your daily dosage today. If you are taking oral diabetic medications, take \_ the dosage you usually take. **Otherwise, take your regular medications, including the day of the exam.**
- **2 pm:** Take 4 Dulcolax (bisacodyl) laxative tablets.
- **5 pm:** Begin drinking TriLyte. Drink one 10 oz. glass every 10-15 minutes ***until the entire container is finished***. This takes about 4 hours. It is best to drink the whole glass quickly. A straw may help as well as sucking on a lime after you drink.  
  
**\*\*If your procedure is scheduled for 10 a.m. or later, drink \_ the Trilyte tonight. Drink the second half early tomorrow morning--see below.\*\***
- Nausea, bloating, cramping and vomiting may occur. If so, take a break from drinking the prep for 30 minutes. Resume drinking the container of prep until it is finished, taking breaks as needed.
- A bowel movement will usually occur within an hour after the 1<sup>st</sup> glass of TriLyte. Don't worry if this does not happen for 3-4 hours. Everyone is different.
- Bowel movements will occur that are watery and frequent until the bowel is fully cleansed. The end result should be clear or pale yellow liquid. Drink at least 8 glasses of water on this day before 5 pm.

## Day of Exam:

- **\*\*If your procedure is scheduled for 10 a.m. or later, drink the remainder of the TriLyte. You must finish this by no later than 3 hours before your test!\*\***
- **Do not drink anything beginning 3 hours before your exam until the exam is complete.**
- **If you are diabetic,** do not take your daily diabetic medication this morning
- Wear loose comfortable clothing, a short sleeved shirt, and warm socks.
- **You must have a driver to pick you up.** You cannot drive yourself home. If you do not have someone to drive you home, your procedure will be canceled. You may take a taxi home if you are accompanied by a responsible adult.

***The hardest part is over!*** After you arrive for your colonoscopy, you will meet with a nurse who will talk to you about your medical history, start an IV so you can get fluids, and get you settled. After you meet with your doctor, you will be given medication to sedate you and keep you comfortable during your colonoscopy.

You will recover after your procedure for about 30 minutes, and will be given a written report with instructions to take home.

After the examination: **YOU MAY NOT DRIVE FOLLOWING YOUR EXAM** for the remainder of the day. You must make arrangements for transportation. Your procedure will last approximately 2-3 hours from

Two Day Prep, page 3

the time you arrive to the time you are released. You may confirm your release time with the facility at the time of arrival.

**If you have questions or if you are unable to keep this appointment give us 1 weeks notice. A cancellation fee of up to \$150 may be charged if you do not provide this notice.** You may call the office at 544-5093 during our business hours--9AM to 5:00PM Monday to Friday.