Split Prep, *TriLyte* (or equivalent) Colonoscopy
Preparation Protocol

Seven (7) days prior to your procedure:
-Avoid seeds, nuts, whole-grain breads
-Avoid NSAIDS (Aspirin, Motrin, Advil, Alleve, Ibuprofen, Naproxen). It is OK to take Acetominophen. If you take ASA,Warfarin, Plavix, Predaxa or other anti-platelet therapy, refresh your memory on how your doctor recommended you take these. Call us if you have **any** debate.

Two days/or sooner before colonoscopy:
-Purchase the prescribed laxative at a pharmacy.

On the day before your colonoscopy:
-OK to have a low fiber breakfast
  ·Avoid nuts, cereals, fruit/vegetables
  ·Examples: Low Fat Yogurt with no Fruit, Hard Boiled Egg Whites
-No solid food after 10AM.
-Continue to drink plenty of **clear liquids** between 10AM and 4 hours prior to you colonoscopy: white grape or apple juice, Ginger Ale, clear sodas, Gatorade (preferred over other electrolyte containing drinks), Jello, ice pops, water…
-Prepare the previously obtained Laxative.

If your Colonoscopy is scheduled to start between 7:30AM and 9:30AM:
-On the day prior to your procedure, between 12 Noon and 2PM complete as much of ½ of the previously prepared laxative as you can by drinking one glass full every 15-20 minutes, stopping if you feel like you will become nauseated.
- Between 8PM and 10PM, repeat this process

If your Colonoscopy is scheduled to start between 10AM and 3:00PM:
-On the day prior to your procedure, between 6PM and 8PM complete as much of ½ of the previously prepared laxative as you can by drinking one glass full every 15-20 minutes, stopping if you feel like you will become nauseated.
-Repeat this process between 6AM and 8AM

Nothing by mouth for the last two hours prior to your Colonoscopy.

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Report to:
_____Metro Atlanta Endoscopy, 5669 Peachtree Dunwoody Road, Ste 210, or
_____Saint Joseph's Hospital, GIDU, #3rd Floor

Procedure Date   _____
Arrival Time   _____
Procedure Time   _____

TPM, Revised, October 2012