

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

Seven (7) days prior to your procedure:

- Avoid seeds, nuts, whole-grain breads
- Make sure to refresh your memory about how your doctor recommended you take your medications, especially if you are on blood thinners or anti-platelet drugs. Call us with **ANY** questions

- Avoid NSAIDS (Aspirin, Motrin, Advil, Aleve, Ibuprofen, Naproxen, Celebrex, Diclofenac etc). It is OK to take Acetaminophen.

- STOP ASA, Plavix, or other anti-platelet therapy 7 days prior to your procedure.
- STOP Coumadin 4 days prior to your procedure.

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 your 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.**

Report to:

_____ Metro Atlanta Endoscopy, 5669 Peachtree Dunwoody Road, Ste 210, or
_____ Saint Joseph's Hospital, GIDU, #3rd Floor

Procedure Date & Time : _____ Arrival Time: _____