

Capital City Gastroenterology, P.C.

Preparation Instructions for a Colonoscopy

Using Alternative TriLyte/Nulytely Method (Polyethylene Glycol and Bisacodyl)

Important – Please read these instructions at least two weeks prior to your procedure or as soon as possible if less than two weeks until your procedure.

Bowel Preparation

To complete a successful colonoscopy, the bowel must be clean so that the physician can clearly view the colon. **It is very important that you read and follow all of the instructions given to you for your bowel preparation well in advance of the procedure.** Without proper preparation, the colonoscopy will not be successful and the test may have to be repeated. At least 5 days before the scheduled colonoscopy, we recommend that you purchase your prescription medication (TriLyte/Nulytely).

Do not mix the solution until the day before.

Special Conditions

Tell the physician doing this procedure if you:

- are pregnant;
- have a kidney, lung, or heart condition;
- have an artificial heart valve; implanted defibrillator or pace-maker.
- If you have diabetes and take insulin, please ask your primary care doctor to advise what dose of insulin you should take before and after this procedure.
- have ever been told you need antibiotics before a dental or surgical procedure.

TRANSPORTATION: A responsible adult must bring you, remain during the procedure, and drive you home. The medication given during the procedure may cause drowsiness, making it unsafe to drive or operate machinery.

You **must** speak with your primary care physician or a specialist at least **two weeks** before your scheduled colonoscopy if you:

- are taking **Coumadin (warfarin), Plavix (clopidogrel), Ticlid (ticlopidine hydrochloride), Agrylin (anagrelide)**, or over-the-counter medications like **aspirin, vitamin E**, or other **anti-inflammatory medications**;
- have **diabetes** and take **insulin**. You may need to have your insulin adjusted the day before and the day of the procedure; please bring your diabetes medication with you so you can possibly take it after the procedure.

It is important to continue to take all other prescribed medications. On the day of the procedure, please take your prescribed medicines (but not blood thinners) with a small sip of water.

Five (5) Days Before the Procedure

Do **not** take bulk-forming agents (such as Metamucil, Citrucel, Perdiem, etc.)

Do **not** take iron-containing preparations (such as multi-vitamins containing iron). These products may make it more difficult for the physician to see the inside of the colon.

Do **not** take **aspirin** and other **anti-inflammatory** medications unless otherwise directed by your physician.

Purchase the TriLyte/Nulytely prescription kit (polyethylene glycol) and four Bisacodyl tablets at your local pharmacy or drugstore. Please contact your pharmacist to determine if your insurer covers the cost of this medication.

Important - Please Read at Least Two Weeks Prior to the Procedure

Three (3) Days Before the Procedure

Do not eat popcorn, seeds, nuts, multigrain bread, salad, cheese, or high-fiber foods for the **three** days prior to the procedure.

One (1) Day Before the Procedure

Do not eat solid foods. It is essential to drink at least **8 ounces** of clear liquids every hour after awakening to avoid dehydration. Clear liquids include:

- apple or white grape juice
- clear** broth
- coffee or tea (without milk or creamer)
- clear carbonated beverages such as Ginger ale or lemon-lime soda
- Gatorade or other sports drinks (not red, green, or purple)
- Kool-Aid or other flavored drinks (not red, green or purple)
- plain Jell-O or other gelatins (not red, green , or purple)
- popsicles (not red, green, or purple)
- water

Note: Avoid red, green, and purple-colored drinks, Jell-o, or popsicles. Do not drink alcohol on the day before or the day of the procedure.

Instructions for preparing the solution are provided on the medication kit. The prep solution should be mixed no sooner than 24 hours prior to its usage by adding tap water to the four liter level mark and adding one flavor packet (if provided), and shaking or stirring the solution until it is well mixed. Chill in the refrigerator until time to drink.

Getting Prepared

Sometime between 1:00 p.m. and 2:00 p.m. swallow all four (4) Bisacodyl tablets (Dulcolax) with water (do not crush or chew tablets). **Wait two (2) hours and begin drinking your TriLyte/Nulytely preparation. Drink one 8 ounce glass every ten (10) minutes until the solution is half gone.** It is better to rapidly drink the whole glass, and not sip. Some people find drinking through a straw helpful. Wait two (2) hours. If after two hours your bowel movement is not clear, continue drinking the remainder of the solution at the rate above until your bowel movement runs clear. Discard any unused TriLyte/Nulytely.

Bloating (a feeling of fullness in your stomach), nausea, and occasional vomiting may occur. If you feel nauseated or vomit while taking the bowel preparation, wait 30 minutes before drinking more fluid and start with small sips of solution. Some activity (such as walking) or a few soda crackers may help decrease the nausea you are feeling. If the nausea persists, please contact your health care provider.

Note: Individual responses to the bowel preparation medication may vary. The solution should cause multiple bowel movements, but may take several hours to work. Your final bowel movements should run clear.

Once the preparation is finished you may drink water until midnight, but nothing by mouth after midnight until after you procedure. If you have any questions regarding these instructions, please call our office during normal business hours at **334-495-2600**.

Day of the Procedure

Be sure to leave all jewelry and valuables at home. Please report to the Endoscopy Center at Baptist Medical Center East on Taylor Road at your scheduled show time. The Endoscopy Center is located at the far rear corner of the hospital and is marked with a blue sign reading **ENDOSCOPY CENTER**. **Be prepared to spend about three hours at the Endoscopy Center.** Once you have signed in, have a seat until you are called back. **The person who brings you must remain in the waiting room until you are released.** That person must then take you home. The medications given during the procedure will make you drowsy and you must not drive or operate machinery the remainder of the day.

Related Questions

If you have any questions regarding these instructions, please call our office at **334 495-2600**. **Following the instructions exactly will provide the best opportunity for a successful procedure. Incomplete preparation may result in preparation for another procedure.**

Please Read Prior to the Procedure

A colonoscopy is an outpatient procedure in which the inside of the large intestine (colon and rectum) is examined. A colonoscopy is commonly used to evaluate gastrointestinal symptoms, such as rectal and intestinal bleeding, abdominal pain, or changes in bowel habits. Colonoscopies are also performed in individuals without symptoms to check for colorectal polyps or cancer. A screening colonoscopy is recommended for anyone 50 years of age and older, and for anyone with parents, siblings or children with a history of colorectal cancer or polyps. To complete a successful colonoscopy, the bowel must be clean so that the physician can clearly view the colon. **It is very important that you read and follow all of the instructions given to you for your bowel preparation well in advance of the procedure.** Without proper preparation, the colonoscopy will not be successful and the test may have to be repeated.

If you feel nauseated or vomit while taking the bowel preparation, wait 30 minutes before drinking more fluid and start with small sips of solution. Some activity (such as walking) or a few soda crackers may help decrease the nausea you are feeling. If the nausea persists, please contact your health care provider. You may experience skin irritation around the anus due to the passage of liquid stools. In order to prevent and treat skin irritation, you should:

- Apply Vaseline or Desitin ointment to the skin around the anus before drinking the bowel preparation medications; these products can be purchased at any drug store.
- Wipe the skin after each bowel movement with disposable wet wipes instead of toilet paper. These are found in the toilet paper area of supermarkets and drug stores.
- Sit in a bathtub filled with warm water for 10 to 15 minutes after you finish passing a stool; after soaking, blot the skin dry with a soft cloth, apply Vaseline or Desitin ointment to the anal area, and place a cotton ball just outside your anus to absorb leaking fluid. During a colonoscopy, an experienced physician uses a colonoscope (a long, flexible instrument about 1/2 inch in diameter) to view the lining of the colon. The colonoscope is inserted into the rectum and advanced through the large intestine. If necessary during a colonoscopy, small amounts of tissue may be removed for analysis (a biopsy) and polyps can be identified and entirely removed. In many

cases, a colonoscopy allows accurate diagnosis and treatment of colorectal problems without the need for a major operation.

Colonoscopy Overview and Additional Procedure Information

- You are asked to wear a hospital gown and remove eyeglasses.
- You are given a pain reliever and a sedative intravenously (in your vein); you will feel relaxed and will go to sleep.
- You will lie on the left side, with your knees drawn up towards your chest.
 - A small amount of air is used to expand the colon so the physician can see the colon walls.
 - The colonoscope is slowly withdrawn while the lining of your bowel is carefully examined.
 - The procedure may last from 30 minutes to one hour.
- You will stay in a recovery room for observation until you are ready for discharge.
- You may feel some cramping or a sensation of having gas, but this quickly passes.
- **A responsible adult must drive you to the Endoscopy Center and home following your procedure;** avoid alcohol, driving, and operating machinery for 24 hours following the procedure.
- Unless otherwise instructed, you may immediately resume your normal diet, but we recommend you wait until the day after your procedure to resume normal activities.
- If polyps were removed or a biopsy was taken, avoid taking aspirin, products containing aspirin, or anti-inflammatory drugs (such as ibuprofen [Advil, Motrin], naproxen [Naprosyn] or indomethacin [Indocin]) for two (2) weeks after the procedure to help decrease the risk of bleeding; you may take acetaminophen (such as Tylenol) if needed.
- If you are taking Coumadin, Plavix, Ticlid, or Agrylin, the physician performing your colonoscopy will advise you when it is safe to resume your blood thinners.
- If a biopsy was taken or a polyp was removed, you may notice light rectal bleeding for one to two days after the procedure; large amounts of bleeding, the passage of clots, or abdominal pain should be immediately reported.
- **If a biopsy was taken or a polyp was removed, please call our office three to five days after your procedure to get the results of the pathology examination.**

Office Telephone (334) 495-2600