

**COLON AND RECTAL SURGERY, INC.**

Website: www.crscolumbus.com

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**COLONOSCOPY INSTRUCTIONS: PLEASE READ CAREFULLY**

Start a clear liquid diet at breakfast **the day before** your colonoscopy. **(NO FOOD THE DAY BEFORE OR THE DAY OF)** This includes clear or strained fruit juices, jello (no red jello), clear broths, coffee (no cream or non-dairy cream), tea and other bottled beverages such as sodas and sports drinks. **No milk or milk products.**

**Stop drinking 3 hours before your colonoscopy except for small sips of water to take your medications, if needed. Continue your liquid diet up until 3 hours before your colonoscopy.**

You must continue your essential medications according to schedule. If you are diabetic, call your doctor who prescribes your diabetic medication to determine what dosage you need the day before your colonoscopy.

**Do not take your diabetic medication** the morning of your colonoscopy. You must discontinue **BLOOD THINNER** \_\_\_\_\_ days before your colonoscopy. **Please OK these changes with your Primary Care Physician or Cardiologist before stopping your BLOOD THINNER.**

Please let us know if you have had **Prosthetic Heart Valve or joint replacement surgery** within the last 6 months. You may need antibiotics before your colonoscopy.

Please look at the additional sheet for your bowel preparation instructions which must take place **the day before and the day of** your colonoscopy.

Plan to arrive at \_\_\_\_\_ AM/PM for your colonoscopy on \_\_\_\_\_  
at \_\_\_\_\_. Your colonoscopy will be at \_\_\_\_\_ AM/PM.

**Mt. Carmel East Hospital:** South tower entrance behind hospital, take elevator to 2<sup>nd</sup> floor. **614-234-6000**

**Mt. Carmel Medical Center:** Use the main entrance valet or park in the garage close to the main entrance. From the main lobby, follow signs to the Central Elevators. Go to the 4<sup>th</sup> floor and exit left. You will be at the registration desk. Once you have registered, you will be directed to the Endoscopy Suite on the 5<sup>th</sup> floor. **614-234-5000**

**Taylor Station Surgery Center:** 275 Taylor Station Rd. **BUILDING B**, ½ mile north of Mt. Carmel East Hospital. **614-751-4466**

**Berger Hospital (Circleville):** 600 North Pickaway St. Go in the Main entrance to the registration desk. **740-474-2126**

**Grove City Surgery Center:** 1325 Stringtown Road, GroveCity, OH 43123. **614-991-6900**

**St. Ann's Hospital:** Use main entrance of the hospital. **614-898-4000.**

**You will not be allowed to drive yourself home after this procedure so please arrange transportation prior to your procedure. You will be at the facility 2 to 3 hours total. You can return to your normal activities the day after your colonoscopy.**

Dr. Khanduja/Dr. Padmanabhan/Dr. Taylor/Dr. Lindsey/Dr. Madhavan/Dr. Bailey will do your colonoscopy.

## Colon And Rectal Surgery, Inc.

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## Trilyte Instructions W/O Dulcolax

\* Before beginning the following steps, have your prescription for **TriLyte®** with flavor packs filled. (Flavors are as follows: Lemon- Lime, Citrus-Berry, Cherry, Pineapple, Orange)

### Preparation the day before your colonoscopy:

#### **In the morning:**

- **START A CLEAR LIQUID DIET AT BREAKFAST.** Please see the clear liquids sheet for details on clear liquids.
- Choose one of the flavor packs and add it to the four-liter bottle. Shake well to adequately mix the flavor pack with the powder.
- Add water to the top fill line and shake well until the powder has dissolved.
- Refrigerate the liquid until it is time to drink.
- If you are taking diabetic medications ask your doctor if you need to adjust your dosing schedule.

#### **In the evening:**

- Begin drinking the solution at **6pm**. Drink an **8 ounce** glass of the solution every **10 minutes**. It is recommended that you drink the whole glass rapidly, rather than sip small amounts.
- Keep drinking the solution every 10 minutes until stools are see-through. **THIS WILL REQUIRE AT LEAST 2 LITERS.**
- Place remaining 2 liters of solution in refrigerator.
- Bowel movements should begin approximately one hour after the first glass of the solution. They will continue for several hours after you finish drinking the last glass.
- Bloating, abdominal fullness and nausea are common side effects after drinking the first glass of the solution. This is temporary and should subside once bowel movements begin.
- Do **NOT** eat any solid food until after your colonoscopy is completed. You may drink water or other clear liquids recommended by your physician.

### Preparation the day of your colonoscopy:

- **4 hours before leaving home for your procedure, drink the remaining solution (8 ounces every 10 minutes)**

Please refer to TriLyte® with flavor packs full prescribing information [www.trilyte.com](http://www.trilyte.com)

## Clear Liquids

Your doctor has ordered **ONLY clear liquids the day before** your test or surgery in order to prepare your body for the procedure. **Do not eat solid foods during this time.**

### **\*\*\*Nothing In Red\*\*\***

You may have these liquids:

- Water
- Soft Drinks
- Gatorade and other sports drinks
- Kool-Aid (no red)
- Clear juices: apple, white cranberry, white grape, no orange juice(pulp or pulp free)
- Strained lemonade, fruit punch, powdered fruit mixes
- Tea, decaffeinated tea – no cream or non dairy creamer
- Coffee, decaffeinated coffee – no cream or non dairy creamer
- Broth, bouillon
- Jell-O (no red)
- Popsicles (no red)
- Hard candy, honey, sugar

You may NOT drink:

- Milk, smoothies or other dairy products
- Orange juice, fruit nectars or vegetable juices
- Alcohol

\* If your test or surgery involves the digestive system (esophagus, stomach, or bowels) **avoid all** red liquids, red popsicles, red Jell-O and red hard candy

\* **Try to limit liquids containing caffeine, as caffeine can upset an empty stomach**