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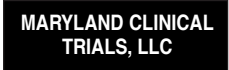
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AAGA059 (Rev 2/10)

PREPARATION INSTRUCTIONS FOR COLONOSCOPY

(Prescription Required)

TriLyte/Bisacodyl

Date of Procedure _____

Arrival Time _____

Procedure Time _____

PLACE

- MD Center for Digestive Health
Bestgate Medical Clinic
820 Bestgate Road, Suite 1A
Annapolis, MD 21401
- AAMC (Anne Arundel Medical Center)

INSTRUCTIONS

GENERAL INSTRUCTIONS:

- Please notify the office at least one week prior to procedure if you are taking medications for diabetes or if you are taking blood thinners including Plavix, Coumadin and Warfarin. (Please bring a list of current medications you are now taking.)
- Because medications you will receive will make you drowsy, you will not be a competent driver. You must make arrangements for someone to drive you home. Your transportation provider must wait for you.

SEVEN DAYS PRIOR:

- Discontinue aspirin products, iron tablets, blood thinners, herbal products, vitamins and dietary supplements one week prior to colonoscopy unless otherwise advised by your physician.
- Discontinue ibuprofen (Advil, Nuprin or Motrin) or other non-steroidal (NSAID) anti-inflammatory medications for seven days prior to colonoscopy. You may take Tylenol if needed. (Celebrex and Bextra are okay.)

DAY OF PROCEDURE:

See reverse for additional instructions.

PATIENT RESPONSIBILITY

IT IS YOUR RESPONSIBILITY TO CHECK WITH YOUR INSURANCE COMPANY REGARDING PRE-AUTHORIZATION AND ANY REFERRALS NECESSARY FOR THIS PROCEDURE. YOU WILL NEED TO PRESENT A CURRENT PHOTO ID, VALID INSURANCE CARD AND VALID REFERRAL, IF REQUIRED. YOU WILL BE EXPECTED TO PAY ANY COPAYMENTS, COINSURANCE, DEDUCTIBLES AND OUTSTANDING BALANCES AT THE TIME OF YOUR APPOINTMENT. IF YOU ARE NOT PREPARED TO PAY THE FEES DUE, YOUR APPOINTMENT MAY BE CANCELLED.

PLEASE LEAVE VALUABLES AT HOME OR WITH THE RESPONSIBLE TRANSPORTATION PROVIDER. PLEASE BRING YOUR EYEGLASSES, IF APPLICABLE, AS WELL AS SUFFICIENT CASH, CREDIT CARD OR CHECK FOR YOUR FINANCIAL RESPONSIBILITY.

IT WILL BE NECESSARY FOR YOUR TRANSPORTATION PROVIDER TO WAIT FOR YOU.

Anne Arundel Gastroenterology Associates provides medical services regardless of race, color, age, national origin, sex, religion, or handicap. If you are hearing impaired or have a language barrier, please notify our office.

TriLyte / Bisacodyl Colon Prep
(Prescription Required)
FOLLOW THESE INSTRUCTIONS

ITEMS NEEDED FOR PREP

- 1 Container of TriLyte
- 1 Small box of Bisacodyl

DAY BEFORE THE EXAM

This is the day you prepare for your procedure.

Drink only clear liquids all day. **No solid food allowed.**

CLEAR LIQUIDS ALLOWED

Any liquids that are not red in color and do not contain solid food, such as black coffee (no more than 8 ounces), clear tea, coffee substitutes, carbonated beverages (No more than 16 ounces dark colored colas), Jello gelatin without food particles, ices, clear fruit juices, broth, bouillon, Gatorade, Power Ade and similar products.

STEP 1: 12 NOON TAKE 4 TABLETS

- Take all (4) bisacodyl tablets (5 mg each) with water.
- Do not chew or crush.
- Do not take bisacodyl tablets within 1 hour of taking an antacid.

STEP 2: 1:00 PM MIX SOLUTION

- Add lukewarm drinking water to top of line on bottle (4 liter mark).
- Cap bottle and shake to dissolve powder. You may use the flavor packets given with the TriLyte.
- The reconstituted solution will be clear and colorless. Use within 48 hours.
Do not add anything else, such as ice, to the solution. It can be chilled in the refrigerator for up to 1 hour.

STEP 3: 1:00 - 6:00 PM WAIT FOR A BOWEL MOVEMENT

- After taking the tablets and after a bowel movement occurs, (usually in 1 - 6 hours), begin to drink the solution.
- Even if no bowel movement occurs after 6 hours, begin drinking the solution.

STEP 4: AFTER A BOWEL MOVEMENT, DRINK 1/2 OF THE CONTAINER OF SOLUTION

- Drink 1 (8oz) glass every 10 minutes (about 8 glasses). The faster you complete the solution, the faster and better it works.
- Be sure to drink at least **1/2** of the solution. It is VERY important that you provide us with the cleanest colon you can!
If after 2 liters are consumed and your bowel movement is clear yellow like urine, you may discard the remaining TriLyte solution. If your bowel movement is not clear yellow like urine, continue drinking TriLyte until your bowel movement is clear yellow.
- If you have severe discomfort or distention (bloating), stop drinking the solution for a while or wait longer between drinking each glass until the discomfort goes away.

DAY OF EXAM:

You may drink small amounts of clear liquids until 4 hours before your procedure.

NOTE:

- If you are also having an Upper Endoscopy, stop drinking 4 hours before your scheduled procedure time.
- If your procedure(s) are at AAMC, do not drink after midnight.
- If you are having difficulty with the prep, please refer to Frequently Asked Questions. If you have additional questions, please call 410-224-2116 so that we may advise you.

NOTE:

- If you have severe ulcerative colitis, consult your physician before using this prep.
- Nausea, cramping and abdominal fullness are expected and are the most common adverse reactions. Take your usual medication as you normally do on the day of your prep and the day of your exam unless directed differently by your doctor.