

Appointment Info

DATE: _____

Arrival

TIME: _____

FACILITY:

Endoscopy Center Of Marin	Marin General Hospital	Novato Community Hospital
1100 S Eliseo Dr. Suite 3 Greenbrae	Surgery Center 250 Bon Air Rd Greenbrae	180 Rowland Way Novato
Expect to be at the center 90 minutes	Expect to be at the center 2 hours	Expect to be at the hospital 3 hours

Diabetes Instructions (if applicable)

Oral Medication Instructions:

Insulin schedule: _____

Blood Thinner Instructions (if applicable)

Continue blood thinner as prescribed.

HOLD for: _____ days

Marin Gastroenterology

200 Tamal Plaza, Suite
200 Corte Madera, CA
94925

7120 Redwood Blvd
Novato, CA 94945

P: (415) 925-6900

www.MarinGastro.com

Trilyte®

Preparation for your upcoming Colonoscopy

What you will need:

Trilyte® Prescription filled by your Pharmacy

4 tablets of 5mg Dulcolax

Phone: 415 - 925 - 6900



www.maringastro.com

MARIN GASTROENTEROLOGY

7 Days Before Your Colonoscopy

- Confirm ride for the day of your procedure
- Pick-up the prescription at your local pharmacy.
- If you take blood thinners, (Coumadin/warfarin, Plavix/clopidogrel, Pradaxa/dabigatran, Eliquis/apixaban, Xarelto/rivaroxaban) review instructions for holding or continuing prescription. (Instructions located on back)
- **Last chance to cancel/reschedule your procedure appointment without incurring a CANCELLATION FEE of up to \$250.**

5 Days Before Your Colonoscopy

- Review diet Instructions and plan your meals
- Create a list of your medications & supplements to provide the facility. Include prescription name, dose, and directions.
- Create a list of your allergies to provide the facility

3 Days Before Your Colonoscopy

- STOP eating foods with nuts or seeds. (Fruits & vegetables with seeds, sesame, whole grain, etc.)
- Avoid corn, beans, quinoa, and popcorn

2 Days Before Your Colonoscopy

- Increase your fluid intake, drink a minimum of 8 glasses of clear fluids (water preferred)
- Eat well balanced meals, but continue avoiding nuts & seeds

1 Day Before Your Colonoscopy

“PREP DAY”

- In the morning, fill the Trilyte container to the fill line with 4 liters of water, mix and refrigerate.
- Have a low residue breakfast BEFORE 10am. (white toast, eggs, yogurt, cream of wheat, smoothies without seeds)
- AT 10am begin a “Clear Liquid Diet.” Clear liquids include water, juice without pulp, soda, black coffee/tea electrolyte drinks, Ensure CLEAR, Boost Breeze, Jello, Broth, Popsicles.
- AT 6pm take 2 Dulcolax tablets and drink one cup of Trilyte solution every 10 to 15 minutes until you have finished at least half of the container of the solution. Please drink at least 2 liters of the Trilyte solution and you must do so in no more than 2 hours.
- Continue drinking clear liquids until bedtime.

On The Day of Your Colonoscopy

- Wake up 6 hours before your arrival time to start second prep dose.
- Drink the remaining 2 liters of Trilyte and take 2 Dulcolax with the last cup of Trilyte.
- **You must complete your prep and discontinue clear liquids 3 hours prior to your arrival time.**
- You should take medications, as prescribed, with sips of water
- BRING THE FOLLOWING:
 1. Photo ID
 2. Insurance Card
 3. Medication List
 4. Allergy List

TIPS:

To improve the taste try:
Adding ice/Refrigerate mixture
Using a straw to drink mixture

If you experience nausea or vomiting, rest for 15 minutes, then try to resume prep

Use baby wipes

Use Vaseline or an ointment for diaper rash around the anus before and/or during prep to minimize irritation from passing bowel movements