

Arlington Gastroenterology Services

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COLONOSCOPY PREP INSTRUCTIONS

NaLYTELY/TRILYTE

If you are scheduled at Medical Center of Arlington you MUST call to schedule pre-op (972)758-6333

7 days prior to procedure

Discontinue all aspirin products at 7 (seven) days prior to procedure

5 days prior to procedure

Discontinue all blood thinners (such as Plavix, Aggrenox, Coumadin, Pletal, etc, at least five days prior to procedure. **Prior to stopping any medications, please contact your PCP or cardiologist for approval. If not approved, please contact our office for instructions.**

Day prior to procedure

NO SOLID FOOD ALL DAY PRIOR TO PROCEDURE

Clear soft drinks, water or Gaterade (lemon-lime only)

Clear soups or boullion

Jello and popsicles (green/yellow only)

No red, orange or purple colors

No coffee, milk or dairy products

It is very important to drink plenty of fluids throughout the day to stay hydrated.

In the morning, fill up the bottle with water up to the fill line, shake well until all the product is dissolved and refrigerate.

At 3:00 pm, the evening prior to your procedure you begin drinking your prep, 8 ounces of the chilled prep every 30 minutes until all of the prep is completely finished

Day of the procedure

Any medication that you have been instructed to take the morning of the procedure can be taken with a small sip of water.

Arrive at the surgery center/hospital at least 1 (one) hour prior to your appointment time.