

Ivan Friedrich, MD • Kenneth P. Rubin, MD • Mark S. Sapienza, MD • Irina Kaplounov,  
MD • Sandarsh R. Kancherla, MD • Grace H. Yang, MD

Diplomates, American Board of Gastroenterology and Internal Medicine

## Full Trilyte Colonoscopy Prep

NAME: \_\_\_\_\_ PHYSICIAN: \_\_\_\_\_

DAY AND DATE: \_\_\_\_\_ TIME: \_\_\_\_\_ ARRIVE AT: \_\_\_\_\_

PLACE: \_\_\_\_\_ REPORT TO: \_\_\_\_\_

Please note: There is a 24 hour cancellation policy. For procedures cancelled with less than 24 hours notice, a fee of \$125 dollars will be assessed.

### **1 week Before your test**

- Check with our office for specific instructions if you take ANY blood thinning medications (Coumadin, Pradaxa, Effient, Aspirin (Ecotrin), Eliquis, Xarelto, Plavix, etc.)
- Check with your physician for specific instructions if you take ANY diabetes medications (Insulin, Metformin, Janumet, Glipizide, etc.)
- Pick up Trilyte solution from your pharmacy
- STOP oral iron 5 days before test (Vitamins with iron are OK)

### **DAY Before your test**

- START a CLEAR LIQUID DIET when you wake up
- NO RED OR PURPLE LIQUIDS (No milk, No orange juice)
- Gatorade, juice, water, ice pops, tea, coffee, clear broth, and Jello are OK
- At 4 PM START TO DRINK 4 LITERS of Trilyte slowly over several hours. If you are nauseous, take a 1hr break and start again until the Trilyte is complete  
Use LOLLIPOPS (RED ones are OK) and CHILL the Trilyte to help with tolerating the prep
- Continue CLEAR LIQUID diet
- Get some sleep

**Englewood Office**

420 Grand Avenue, Suite 101

Englewood, NJ 07631

**DAY of your test**

- TAKE all your usual medications when you wake up with a sip of water
- Continue CLEAR LIQUID diet
- 4 Hours before your test: STOP ALL oral intake- NOTHING!!! NO gum or candy  
NO cologne, perfume or lotions please!
- You must have a ride home- NO Driving until the following day!
- For all women of child-bearing age, a urine pregnancy test must be done on arrival at the center.