









## Colonoscopy TRILYTE (GAVILYTE, GOLYTELY) Split Dose Prep Instructions

### DATE/TIME OF PROCEDURE – PLEASE CHECK THE EMAIL THESE INSTRUCTIONS WERE ATTACHED TO

\*\*Your Arrival time is subject to change. The Surgery Center will contact you approximately 2 days before your procedure to confirm Arrival Time\*\*

**LOCATION:** East Bay Endosurgery Center  
 300 Frank H. Ogawa Plaza, Suite 135, Oakland, CA 94621  
 Phone: (510) 893-1600

**LATE CANCELLATION (LESS THAN 3 DAYS) FEE OF \$200** – If you need to cancel, please call (510) 444-3297

What to do 7 days Prior to Procedure	What to do 5 days prior to Procedure	What to do the day before your procedure	On the Day of the procedure
 <p>Please make sure you have picked up the TriLyte (or Gavilyte, or Golytely) prep medication from your pharmacy noted above.</p> <p>Review your prep instructions thoroughly.</p>  <p><b>Please continue all medications including aspirin.</b> If you are taking a blood thinner, please contact the prescribing physician for instructions.</p>  <p>Please arrange a driver to take you home. This needs to be a family or friend. Uber, Lyft, and taxi are only allowed if you have a family or friend accompany you. You will not receive sedation without a family or friend available to drive you home. All rides must be available by 3:30pm.</p>	 <p>STOP eating any raw vegetables or vegetables containing seeds, fruit with seeds or skin, corn, popcorn, nuts, quinoa, beans and seeds.</p> <p>Purchase clear liquid diet items. (See page 2 for clear liquid items)</p> <p>Please Purchase the following over the counter medication:</p> <ol style="list-style-type: none"> <li>(4) 125 mg Simethicone tablets (i.e.-Gas Ex)</li> </ol>  <p>If you are taking insulin for diabetes, you will receive separate instructions</p>	 <p style="text-align: center;"><b><u>NO SOLID FOODS</u></b></p> <p>Clear Liquids only upon waking up in the morning. A clear liquid diet is necessary for a colonoscopy.</p> <p>Prep:  <b>5pm</b>-Please drink ½ of your prep solution (64 oz)</p> <p>After the prep is complete take (2) 125 mg Simethicone tablets (i.e.-Gas Ex) followed by (2) 8oz glasses of water.</p>  <p>Drink plenty of water and clear liquids throughout the day to avoid dehydration.</p>	<p>Continue a clear liquid diet.</p> <p>Drink the remaining ½ of your prep solution (64 oz) four (4) hours before your Arrival Time.</p> <p>After completing prep take (2) 125 mg Simethicone tablets (i.e.-Gas Ex) followed by (2) 8 oz. glasses of water.</p> <p>Nothing by mouth starting two (2) hours prior to your Arriva Time. No Gum or hard candy.</p> <p>If you take daily medication, please take with a small sip of water at least two (2) hours prior to Arrival Time, unless otherwise instructed.</p>  <p style="text-align: center;"><b>Reminders</b></p> <ul style="list-style-type: none"> <li>• If you use an inhaler, bring it with you to your procedure</li> <li>• Please do not wear any jewelry and remove piercings</li> <li>• Bring insurance cards</li> <li>• Be prepared to pay your copay</li> </ul>

Your ride will not be able to stay here after you are dropped off, but we will need a phone number for them to pick you up after your procedure. Most patients are ready for pick up approximately two (2) hours after dropping off; however, medical procedure timing is unpredictable, and this may vary. Please do not make any time-sensitive commitments shortly after your procedure.

If you have had any procedures, started any new medications, or had a change in your medical status since scheduling this procedure, please contact our office at (510) 444-3297

**\*Clear Liquid Diet Details: NO RED COLOR LIQUIDS. NO DAIRY**

**Approved:** Clear sodas, black coffee, tea, clear juices, clear fitness waters, Ensure Clear, chicken broth, vegetable broth, beef broth, Gelatin, Popsicles without pulp, sorbet without pulp



**Avoid** No milk/dairy No juices with pulp Popsicles with pulp **NO RED COLOR.**

