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**ASSOCIATED
GASTROENTEROLOGY
MEDICAL GROUP**

1211 W. La Palma Ave
Anaheim, CA 92801
Phone: (714) 778-1300
Fax: (714) 778-6235

TRILYTE BOWEL PREPARATION INSTRUCTIONS FOR AGMG

7 DAYS BEFORE YOUR PROCEDURE

- Stop eating foods with seeds and nuts (corn, multigrain breads, chia seeds, quinoa, raspberries, blackberries, popcorn)
- Stop taking iron pills
- If you are diabetic, please call your primary care provider and ask how you should manage your diabetes medications
- If you take blood thinners, call the prescribing doctor and ask what you should do. Do not stop taking your blood thinning medicine without first talking to the doctor who prescribes this medicine

3 DAYS BEFORE YOUR PROCEDURE

- Pick up your prescription bowel prep called Trilyte. When your doctor requested this test, the prescription was given to you in the office. If you have lost this prescription - please call the office immediately
- Find someone to come with you to your appointment. You may not drive home alone or take a bus, cab, Uber, Lyft or any other car services

1 DAY BEFORE YOUR PROCEDURE

- **Do not eat any solid food; no breakfast, lunch or dinner**
- Mix the powder with a gallon water. Shake vigorously until dissolved. Refrigerate.
- Start a clear liquid diet as soon as you wake up in the morning. You may drink:

Apple juice	Water	Popsicles	Hard Candy	White cranberry juice
White grape juice	Tea	Jell-O	Coffee	Club soda
Sports drinks	Clear broth	Lemonade	Soda	Honey

- *** Please avoid any liquids that are red or purple.
- *** You may not have milk, yogurt, ice cream, chocolate or alcohol.
- *** Orange Juice and Pineapple juice are not clear liquids

4:00 PM ON DAY BEFORE YOUR PROCEDURE

- Start drinking bowel preparation: 8 ounces every 10-20 minutes until completely finished
- Drink clear liquids up until midnight

Tips:

- If nauseated - take a break.
- Solution is better tolerated through a straw or chilled

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TRILYTE BOWEL PREPARATION INSTRUCTIONS FOR AGMG

MIDNIGHT ON DAY BEFORE YOUR PROCEDURE

- Nothing to eat or drink after midnight except a small sip of water with your pills in the morning
- Failure to observe this rule will result in cancellation of the procedure
- If you do not follow these instructions, your colon may not be cleaned out well enough for your doctor to clearly see the inside of your colon. Your colonoscopy may then need to be rescheduled.

DAY OF YOUR PROCEDURE

- Arrive at location and time given in the office. If in doubt - please call ahead
- Please remember that you need a ride home. Lyft/Uber/Taxi/Insurance rides will not be permitted
- Do not eat or drink anything other than a sip of water with your pills
- Relax - you did the hard part. The procedure is easy.

IF YOU HAVE ANY QUESTIONS PLEASE CALL THE BACK OFFICE NURSES AT 714-778-1300 X 236 FOR ARIANA (SPANISH) OR X 237 FOR DONNIE