

Gastroenterology Associates

Gastroenterology and Hepatology

www.gastroassociates.org

PREPARATION FOR FLEXIBLE SIGMOIDOSCOPY (TriLyte, colyte or generic PEG-3350 oral solution + Bisacodyl tablets)

You have been scheduled for an exam of the rectum and lower colon with a small, flexible lighted instrument. The lower colon must be thoroughly cleansed prior to your procedure. These instructions have been prepared to help you understand the cleansing process. After completely reading these instructions, call our office if you have unanswered questions.

- Fill prescription at local pharmacy (4 tablets and 1 container).
- Hold medications with iron for one week before the procedure. Continue regular medications but hold diabetic medications the morning of the procedure. **Do not eat nuts, berries, or seeds 72 hours before your exam.**

DAY BEFORE EXAM:

1. In the morning, mix the bowel preparation you purchased at the pharmacy with water to the "fill" line, shake and put in refrigerator.
2. Have a **clear liquid breakfast, lunch, and dinner** (See Clear Liquid List on the back of this sheet). Drink generous amounts of clear liquids throughout the day and evening to prevent dehydration.
3. At **12:00 pm (noon)** take 4 time-release Bisacodyl tablets. This will stimulate your bowels to move. At some point you will begin to have diarrhea. The timing of this varies from person to person.
4. At **6:00 pm** begin drinking the bowel preparation at a rate of 8 ounces every 20 minutes, as tolerated. If you develop nausea, stop for one hour, then resume at a slower pace. You must drink a minimum of one-half of the 4 liter bottle (½ gallon). Continue to drink until bowel movement is liquid in consistency and clear of brown stool particles.

DAY OF EXAM:

1. **DO NOT** eat solid food. You may have clear liquids up until 4 hours prior to your check-in time. DO NOT have anything by mouth during the 4 hours prior to your appointment.
2. **DO NOT** take diabetes medication (tablets or insulin).
3. **DO** take your regular morning blood pressure, heart, and lung medications with a sip of water up to one hour prior to your check-in time.
4. Wear comfortable clothing, including socks to keep your feet warm.
5. The procedure takes approximately 10 minutes. After your procedure we recommend you start with a small meal of non-greasy, easy to digest foods and advance to a normal diet as tolerated.

Your exam is scheduled with:	At the following Facility:
<input type="checkbox"/> Harpreet Brar, MD <input type="checkbox"/> William Mitchell, MD <input type="checkbox"/> Rodney Joe, MD <input type="checkbox"/> Bruce Silverman, MD <input type="checkbox"/> James Kruidenier, MD <input type="checkbox"/> Kathyryne Wagner, MD <input type="checkbox"/> Benjamin Merrifield, MD <input type="checkbox"/> Meimin Xie, MD	Gastroenterology Associates Memorial Medical Plaza 500 Lilly Road N.E., Suite 204 Olympia, WA 98506 (360) 413-8250
DO NOT HAVE ANYTHING BY MOUTH 4 HOURS PRIOR TO YOUR CHECK-IN TIME	
Arrive at Facility: Day _____, Date _____, Time _____ AM/PM	

SUGGESTIONS:

- Using flushable baby wipes may make you more comfortable.
- It is suggested the bowel preparation be consumed within 3-6 hours, if possible.
- If you become too full or nauseated while drinking the preparation, stop for 1 hour, then resume at a slower pace. The goal is to get the full volume down, even if it takes longer than 6 hours to consume.
- It is normal to feel chilled during and after drinking the preparation. Warm clothing may make you feel more comfortable.
- Continue to drink clear liquids up until 4 hours prior to your check-in time.

CLEAR LIQUID LIST: (Clear enough to read print through it)

- Plain Broth (chicken, beef, bouillon)
- Apple Juice, White Grape Juice, Cranberry Juice
- Gatorade, Sports Drinks, Soft Drinks
- Black Tea, Black Coffee
- Jell-O
- Popsicles
- Water

REMINDER: Avoid clear liquids that contain **red food coloring** listed on its labeling along with dairy and Ensure type beverages.

*****DO NOT HAVE ANYTHING BY MOUTH 4 HOURS
PRIOR TO YOUR CHECK-IN TIME*****