

**DIGESTIVE
DISEASE
SPECIALISTS, INC.**

Northwest (Baptist Medical Center) Office
David S. Stokesberry, MD
3366 NW Expressway, Suite 300
Oklahoma City OK 73112
(405) 702-1300 or Toll-Free: (800) 787-6177

NAME: _____

DATE OF PROCEDURE: _____

ARRIVAL TIME: _____

PROCEDURE TIME: _____

1 DDSI Ambulatory Endoscopy Center
Baptist Phys Bldg D
3366 NW Expressway, Ste 400
Oklahoma City, OK 73112

2 Integris Baptist Medical Center
3300 NW Expressway
Oklahoma City, OK 73112
Check in at Outpatient Registration

3 Integris Canadian Valley Regional Hospital
1201 Health Center Parkway
Yukon, OK 73099
Check in at Outpatient Registration

TRILYTE PREP FOR COLONOSCOPY

IT IS NECESSARY for you to make arrangements **ahead of time** for someone to accompany you to your appointment. This person must be able to drive you home and ideally should be able to stay in the facility during the procedure. You will not be allowed to drive or to take a cab after your procedure due to the sedation you will receive.

Colonoscopy allows direct visualization of the inside of the rectum and colon. The examination is performed as a single procedure with a flexible instrument. It is done for screening, to aid in the evaluation of your symptoms, or to clarify an abnormality seen on an x-ray. It is possible to remove a polyp or take a biopsy during this examination.

Regarding medications: **Stop all forms of aspirin and iron 5 days prior to procedure.** Inform the nurse immediately if you are taking blood thinners (such as Coumadin or Plavix), or medication for diabetes or a seizure disorder. All other medications should be taken just as you normally would. Be sure to let the doctor and staff know if you are allergic to any drugs or latex.

For the doctor to have a clear view of you colon, it is essential that the colon be completely free of stool. Therefore, you must complete a bowel regimen as follows:

The day before your procedure: _____. **Choose one of the flavor packs and add it to the four-liter bottle. Shake well to adequately mix the flavor pack with the powder. Add water to the fill line and shake well until the powder is dissolved. Refrigerate until ready to drink.**

1. Beginning at 9:00 a.m. on _____ you will be restricted to a clear liquid diet. Clear liquids consist of water, coffee, tea, sodas, fruit juices (no orange juice), broth Jell-O, and popsicles. **No liquids colored by red or purple dyes, no alcohol, solid food, milk or cream.**
2. At about 4:00 p.m. on _____ start drinking the Trilyte prep - drink 8 ounces every 10 minutes until it is all gone. Once you have begun your bowel prep, stay very near toilet facilities. If you begin to feel over-full or nauseated, please just put it aside for an hour or two and then begin again. You may drink other clear liquids during the time you are drinking this solution. You have until bedtime to drink all of the prep. **IT IS VERY IMPORTANT TO DRINK IT ALL.**
3. Have nothing by mouth after _____ on _____.
4. If you experience problems during the bowel prep, please call the office. There is always a physician on call after hours.