Two Day Preparation for Colonoscopy with Trilyte and Suprep:

1. Clear liquids starting two days prior to the procedure.
2. The day before the procedure: Trilyte 4 liters starting at 2 PM. Take with chilled Ginger Ale for improved taste and take the entire contents of the container.
3. Obtain Suprep from the pharmacy

NAUSEA AND VOMITING ARE POTENTIAL PROBLEMS WITH EVERY PREPARATION. You can try taking this with hard candy, sucking on a lemon, mixing with Gatorade or Crystal Light and/or drinking very slowly to help tolerate the prep and avoid nausea and vomiting

Step 1: The evening before the procedure, at approximately 6 pm, pour one 6 oz bottle of Suprep liquid into the mixing container and add 16 oz of cold water and drink. Drink at least 2 more 16 oz of water or clear liquid over the next hour. Step 2: **Repeat this in the morning, 5 hours before the procedure**.

You can try taking this with hard candy, sucking on a lemon, mixing with Gatorade, and/or drinking very slowly to help tolerate the prep and avoid nausea and vomiting.

1. Follow the instructions on the routine colonoscopy preparation packet regarding your diet and medications. Drink lots of fluids to hydrate yourself.
2. You can also schedule a video conference appointment with your physician to discuss the procedure if you wish.

All patients drink clear liquids the entire two days before the exam. The list of liquids is at the bottom of this form.

Your insurance benefits will be determined prior to the procedure. If you have a deductible, you will be asked to pay the deductible prior to the procedure.

**THINGS THAT YOU MAY EAT OR DRINK THE DAY BEFORE THE PROCEDURE**

Jellos (not red or green jello)/Popsicle/Freeze Pop

Chicken Broth

Beef Broth

Vegetable Broth

7-UP/Sprite

Ginger Ale/Gatorade

Orange Juice or apple juice

 Black coffee

YOU MUST HAVE A DESIGNATED DRIVER TAKE YOU HOME AFTER THE PROCEDURE. PLEASE REFER TO THE ROUTINE PREPARATION PACKET FOR A COMPLETE DESCRIPTION OF THE PROCEDURE.

**Weight loss medicatons: if you are taking Ozempic, Mounjaro, Wegovy or similar weight loss/diabetes medication YOU MUST HOLD THESE SPECIFIC MEDICATIONS FOR ONE WEEK BEFORE THE PROCEDURE OR THE PROCEDURE WILL BE CANCELLED. THIS IS VERY IMPORTANT TO UNDERSTAND.**