

ARKANSAS GASTROENTEROLOGY, P.A.
3401 SPRINGHILL DR. STE 400
NORTH LITTLE ROCK, AR 72117
501-945-3343(P) 501-945-2697 (F)

**COLONOSCOPY PREP INSTRUCTIONS:
Trilyte/Golytely(4 LITERS) SPLIT DOSE REGIMEN**

If you are taking a **prescription blood thinner**, please call the prescribing physician to make sure you can stop these medications safely. You may continue to take one Aspirin per day. If you are unable to stop these medications, please call our office. Our guidelines are as follows:

- Please stop the following medications **5 days** prior to procedure: Plavix (Clopidogrel), Effient (Prasugrel), Brilinta (Ticagrelor), Pradaxa (Dabigatran etexilate), Aggrenox (Aspirin and dipyridamole), and Trentol (Pentoxifylline).
- Please stop the following medications **4 days** prior to procedure: Coumadin or Jantoven (Warfarin)
- Please stop the following medications **2 days** prior to procedure: Eliquis (Apixaban) and Xarelto (Rivaroxaban)

If you take **iron**, iron supplements or vitamins containing iron, please stop these **5 days** prior to your procedure. If you are a **diabetic**, please contact your doctor that follows your blood sugar for instructions. If you take **blood pressure, heart, or seizure medications**, take them as early as possible on the morning of your procedure. Take with a small sip of water. If you routinely take **narcotic pain medications**, please contact our office.

ON THE DAY BEFORE THE EXAM:

Prepare the solution according to the instructions. Refrigerate for use later in the day. **You should be prepared to consume clear liquids all day throughout the day! The more liquids you drink, the better your prep will work. No solid food, no dairy products and no red, purple, or blue liquids or jello. You should follow this clear liquid diet for breakfast, lunch, and dinner. You may continue these liquids until midnight before the exam.**

**examples: Popsicles, broth, soda, clear juice, jello, coffee, tea, water.

You will need to begin drinking the solution between 2 PM-4PM. Drink 2 liters, or ½ of the gallon. Drink one 8 ounce glass every 20 minutes. After you have consumed ½ of the gallon, place the remaining prep back into the refrigerator. **You should begin drinking the second dose between 8-10PM. (doses should be 6 hours apart)**

****If while drinking the solution, you experience a feeling of fullness, nausea or vomiting, stop drinking the solution until the feelings have passed, or 45 minutes. When symptoms resolve, you should resume drinking the solution. Do not consume liquids after midnight.**

SOMEONE MUST ACCOMPANY YOU TO YOUR APPOINTMENT TO DRIVE YOU HOME. IF YOU DO NOT HAVE A DRIVER, THE PROCEDURE WILL BE CANCELLED.

If you have questions, please call our office @ 501-945-3343. After hours: 501-663-6900
Your doctor:

CLIFT FERNANDEZ MURPHY BARTON KNAPPLE WOFFORD GOODWIN

DATE: _____ ARRIVAL TIME: _____

_____ **Springhill Surgery Center: 501-945-5800 3401 SPRINGHILL DR. STE 155 NLR, AR 72117**

_____ **North River Surgery Center: 501-834-5777 2209 Wildwood Ave Sherwood, AR 72120**

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