



Elite Medical Services, LLC
1860 Mowry Ave Suite 402
Fremont, CA 94538
(510) 556-5000
www.EliteASC.com

Colonoscopy Prep Instructions

The Day Before the Procedure

You will be on a clear liquid diet (See attached for suggested diet)

*No food or Liquid or anything that is **RED** or **Purple** or **ORANGE** in color*

Mix the Trilyte with Water and begin drinking it at 10 am

Drink 1 glass of the solution every 30 minutes until completely finished by 7 or 8 pm.

Take 2 Dulcolax pills with water at 4 pm.

No Food or liquids, including water, after Midnight

The Day of Procedure

Begin your FLEET Enema at home 1-2 hours before your procedure

Medications

- If you are having blood tests done, please do the lab work at least 3 days before your procedure.
- If you take the following medications: Aspirin, Motrin, Plavix, Coumadin, or similar medications, stop them 5 days before the procedure.
- If you take pills for Diabetes, you should ONLY take your morning dose the day before the procedure and then after your test
- If you take Insulin, Do NOT take it if your blood sugar is below 150. Take half the dose if above 150.
- If you take blood pressure and/or Seizure Medications, you should take them (even on the morning of your procedure) as scheduled with a small sip of water.

**Facility: Elite Surgical Services, 1860 Mowry Ave., Suite 401
Fremont 94538 - Phone: (510) 556-5000**

Important

Please, arrange for a ride home due to the light anesthetic that will be administered

It is the patient/guardian's responsibility for the deductible and co-insurance and co-pay

If you have any questions, please contact our office at 510-556-1000

Procedure Date: ___ / ___ /201__

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

CLEAR LIQUID DIET

This diet provides fluids that leave little residue and are easily absorbed with minimal digestive activity. This diet is inadequate in all essential nutrients and is recommended only if clear liquids are temporarily needed.

No **RED** or **Purple** or **Orange** Colors should be consumed.

FOOD GROUP	FOODS ALLOWED	FOODS TO AVOID
Milk & Beverages	Tea, Carbonated Beverages Fruit Flavored Drinks	Milk, Milk Drinks
Meats & Meat Substitutes	NONE	ALL
Vegetables	NONE	ALL
Fruit & Fruit Juices	Strained Fruit Juices: Apple White Grape, Lemonade	Fruit Juices with Unstrained fruit
Grains & Starches	NONE	ALL
Soups	Clear Broth, Consommé	All Others
Desserts	Clear Flavored Gelatin, Popsicles	All Others
Fats	NONE	ALL
Miscellaneous	Sugar, Honey, Syrup, Clear Hard Candy, Salt	All Others

BREAKFAST

4 OZ. White Grape Juice
6 OZ. Clear Broth
Jell-O, Plain
Tea

LUNCH

4 OZ. Apple Juice
6 OZ. Clear Broth
Jell-O, Plain
Tea

DINNER

4 OZ. Lemonade
6 OZ. Clear Broth
Jell-O, Plain
Tea