

H. ALAN SCHNALL, M.D.

110-45 QUEENS BOULEVARD
FOREST HILLS, N.Y. 11375
TEL. (718) 520-0600
FAX (718) 261-6852

DIPLOMATE, AMERICAN BOARD
OF GASTROENTEROLOGY

GASTROENTEROLOGY
GASTROINTESTINAL ENDOSCOPY

GOLYTELY/TRILYTE
PREPARATION FOR COLONOSCOPY

- 1) Your COLONOSCOPY is scheduled for _____ at Queens Endoscopy ASC.
- 2) Come to the Endoscopy Center located at 176-60 Union Turnpike (corner of Union Turnpike and Utopia Pkwy, Fresh Meadows, NY at _____. Telephone (718) 425-3300
- 3) On the day before the examination, _____.
 - a) Mix the Golytely or Trilyte for the morning as explained on the bottle, shake and refrigerate.
 - b) On _____:
 - c) Have a **CLEAR LIQUID DIET ALL DAY**. Clear liquids include anything that you can see through. (for example: clear chicken broth, tea, black coffee, ginger ale, ices, water, Gatorade and Jell-O (not red).
 - d) Take 4 Dulcolax pills at 3:00 pm.
 - e) Take the Golytely or Trilyte out of the refrigerator at 5:30 pm, shake and begin drinking at 6 pm. Drink an 8 ounce glass every 10-15 minutes and finish the bottle by 9 pm. It will cause diarrhea to cleanse your colon.
- 4) On the day of the examination _____:
 - a) You may have 8 ounces of clear liquids (tea or water); finish by _____, then fasting.
 - b) No solid breakfast at all.
 - c) Take your medications as usual with a sip of water.
 - d) Someone will be able to take you home after _____.
- 5) **ABSOLUTELY NO ASPIRIN/MOTRIN/ ADVIL/ OR OTHER ANTI-INFLAMMATORY MEDICATIONS FOR 5 DAYS PRIOR TO THE EXAMINATION.** If polyps are removed, do not take any of these medications for 2 weeks after the exam. Tylenol is allowed. ***LET ME KNOW IF YOU TAKE COUMADIN , PLAVIX OR OTHER BLOOD THINNERS/ANTICOAGULANTS.**
- 6) After the exam, you may resume eating your usual diet. It is possible that you may not move your bowels for several days. If you have significant discomfort or bleeding, please don't hesitate to call me.

You need to purchase in your pharmacy:

Golytely or Trilyte – prescription given
Dulcolax Four (4) 5 mg tablets-non-prescription