

GASTROENTEROLOGY CENTER

OF THE SOUTH

DAVID C. PELLEGRIN, M.D.
8120 Main Street- Suite 200
Houma, LA 70360
(985) 851-5206

INSTRUCTIONS FOR OUTPATIENT ENDOSCOPIC TESTING

1. This procedure will be performed at Terrebonne General Hospital Atrium Endoscopy unit, or at the outpatient/short stay department located at the main hospital.
2. Nothing to eat or drink after midnight. The morning of your test, your stomach must be empty. The nurse from TGMC Endoscopy Dept. will inform you what medication to take the morning of the procedure when you are called with your time.
3. **A NURSE FROM T.G.M.C. ENDOSCOPY DEPT. WILL CONTACT YOU THE DAY BEFORE YOUR PROCEDURE TO INFORM YOU OF THE TIME TO REPORT FOR YOUR PROCEDURE. YOU WILL ALSO BE INFORMED WHAT MEDICATION IF ANY TO TAKE THE MORNING OF YOUR PROCEDURE. IF YOU HAVE ANY QUESTIONS ABOUT YOUR TIME PLEASE CALL 985-850-6256/985-850-6167.**
4. You will receive sedatives and **MUST BRING SOMEONE WITH YOU ON THE DAY OF YOUR PROCEDURE. THEY WILL NEED TO DRIVE YOU HOME.** The doctor will explain your results to you and the person with you.
5. **NO ASPIRIN, ADVIL, ALEVE, MOTRIN, BC POWDER, STANBACK, ALKA SELTZER, ARTHRITIS PILLS OR BLOOD THINNERS FOR 7 DAYS PRIOR TO THE PROCEDURE. IF YOU ARE CURRENTLY ON AN ASPIRIN REGIMEN YOU DO NOT NEED TO STOP, WE DO NOT WANT YOU TO TAKE ANY ADDITIONAL ASPIRIN PRODUCTS.** Continue your other medications. Do not take any over the counter medications without checking with us first. **TYLENOL IS SAFE TO TAKE UP UNTIL MIDNIGHT THE NIGHT BEFORE THE PROCEDURE.**
6. If you have any problems after the procedure or questions in regards to the prep, please do not hesitate to call us at **985-851-5206.**
7. You should check with your insurance company and inform them this procedure has been scheduled.
DO NOT TAKE YOUR DIABETES MEDICATIONS THE MORNING OF YOUR PROCEDURE.

COLON PREP INSTRUCTIONS- TRILYTE
(please pick up prep 5-7 days prior to procedure)

1. THE NIGHT BEFORE YOU PREP

Mix plain flavored Trilyte with water and flavor pack included in the box and put in refrigerator before you go to bed that night. The flavor packs will only give flavor they have no color.

2. THE DAY BEFORE YOUR PROCEDURE

- A. You must be on a clear liquid diet, starting when you get up in the morning. **NO SOLID FOODS** The more fluids you drink, the better your colon will be cleaned out.
- B. **DO NOT DRINK ANY RED OR ORANGE FLUIDS.**
- C. CLEAR LIQUID DIET (LISTED BELOW). DO NOT EAT OR DRINK ANYTHING ELSE EXCEPT WHAT IS ON THIS LIST!

SOUP BROTH	KOOL AID	GATORADE	WATER
POWERADE	ICED TEA	JELLO	COFFEE
POPSICLES	LEMONADE	SOFT DRINKS (REG OR DIET)	
FRUIT JUICE			

D. Start drinking the Trilyte jug at 1:00p.m. YOU MUST DRINK A LOT OF FLUIDS UNTIL 12:00 MIDNIGHT OR BEDTIME OR YOU WILL HAVE SEVERE ABDOMINAL CRAMPING. Drink 8oz. every 10 minutes. Do not pour over ice. You must drink the entire jug. If after 3L you are passing clear liquid, you are clean for the procedure.

- F. **DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT!**

3. THE MORNING OF YOUR PROCEDURE

- A. The nurse from TGMC Endoscopy Dept. will inform you what medication to take the morning of the procedure when you are called with your time.
- B. **DO NOT TAKE YOUR DIABETES MEDICATIONS THE MORNING OF THE PROCEDURE.**
- C. **THE NURSE FROM T.G.M.C. ENDOSCOPY DEPARTMENT WILL CONTACT YOU THE DAY BEFORE YOUR PROCEDURE TO INFORM YOU OF WHAT TIME TO REPORT FOR YOUR PROCEDURE. IF YOU HAVE QUESTIONS ABOUT YOUR TIME PLEASE CALL 985-851-5206.**