

DATE OF PROCEDURE	
ARRIVAL TIME	TIME OF PROCEDURE
ESTIMATED TIME FOR PICK UP	

We require a 5 business day notification for cancellations and reschedules, or we charge a \$100 fee per procedure. While we will make every effort to schedule you at a time that is convenient for you, please note that we will accommodate 2 reschedules. Additional changes will not be scheduled.

SAN RAMON HOSPITAL PROCEDURE
 You will need to pre-register before your appointment. You can pre-register in admitting any day prior to your procedure OR on the day of your procedure arrive in admitting 1½ hours prior to your scheduled time. (2 HOURS IF YOU ARE TOLD ANTIBIOTICS NEED TO BE GIVEN).

TRESANTI PROCEDURE
 You will need to arrive 30 minutes prior to your scheduled procedure time. Pre-registration is not required.

REMEMBER: YOU WILL NOT BE PERMITTED TO DRIVE YOURSELF HOME OR FOR THE REMAINDER OF THE DAY. PLEASE MAKE SURE THAT A FRIEND OR FAMILY MEMBER IS AVAILABLE TO TAKE YOU HOME.

() Tresanti Surgical Center

5201 Norris Canyon Road, Ste #100
 San Ramon, CA 94583
(925) 973-0605

- Take **680 S** to the **Crow Canyon Road** Exit.
- Exit **Left** onto **Crow Canyon Rd.**
- Go **East (Right)** at **Alcosta** (4 stop lights).
- Turn **Left** onto **Norris Canyon Road.(1ST light).**
- Make immediate **Right**, then immediate **Left**.

First Building on the **Left** 5201 in Suite **#100**. Please arrive **½ hour** before appointment time.

() San Ramon Regional Med Ctr

6001 Norris Canyon Road, San Ramon, CA 94583
(925) 275-8261

- Take **680 S** to the **Crow Canyon Road** Exit.
- Exit **Left** onto **Crow Canyon Rd.**
- Go **East (Right)** at **Alcosta** (4 stop lights).
- Turn **Left** onto **Norris Canyon Road.(1ST light).**
- Go straight up hill and hospital will be to your left.

Go to the **admitting** department to pre-register and check-in. Arrive 1-1/2 hour before procedure.

MORNING COLONOSCOPY

HALF LYTLEY TRILYTE

F. Anderson Rowe, M.D.
 5601 Norris Canyon Rd. Suite 240
 San Ramon, CA 94583
 Phone 925-901-1303
 Fax 925-901-1302

COLONOSCOPY

A colonoscopy allows your doctor to look into your colon using a flexible tube containing a fiberoptic camera. To avoid discomfort, you may expect to receive some intravenous sedation. Because of this, a friend or family member **must** be available to take you home. **The hospital staff will not allow you to drive yourself home.**

Risks of endoscopic procedures are minimal. Bleeding, perforation of the G.I. (gastrointestinal) tract, and medication reaction can occur with a colonoscopy. Infection can occur with a colonoscopy as well. Perforation is the most serious potential complication and occurs in 1/5000 colonoscopies. If perforation were to occur, one could expect prolonged hospitalization with the probable need for surgery.

DISCONTINUE ASPIRIN, ASPIRIN-LIKE COMPOUNDS, IBUPROFEN, NAPROXEN SODIUM, NAPROXED AND IRON FOR 10 DAYS PRIOR TO THE START OF PREP AND FOR 3 WEEKS FOLLOWING THE PROCEDURE, unless advised by Dr. Rowe to resume sooner. **See brochure "Guide to Products Containing Aspirin and Aspirin-Like Products"**.

IT IS OK TO TAKE TYLENOL

NO ALCOHOL FOR 2 DAYS PRIOR TO YOUR PROCEDURE, OR DAY OF YOUR PROCEDURE.

() HALFLYTELY PREP

The prescription for the HalfLyteLy prep kit includes 1 bisacodyl tablet, a 2 liter container and 4 flavor packs. Add one of the four flavor packs into the container and fill the container with lukewarm water to the top line on the bottle. After mixing the HalfLyteLy place in refrigerator to chill (must be consumed within 24 hours).

DAY BEFORE COLONOSCOPY:

Do not eat anything solid. You may only consume approved clear liquids until midnight (see brochure "Guide to Clear Liquid Diet").

3:00 PM - Swallow 1 bisacodyl tablet included in prep kit with a glass of water. **DO NOT CHEW OR DISSOLVE TABLETS.** Continue with clear liquids.

7:00 PM - Begin drinking the HalfLyteLy solution. Drink 1 (8 oz) glass every 10 minutes (about 8 glasses). Drink each glass quickly rather than drinking small amounts continuously. Continue with clear liquids until midnight. At the end of a successful prep, a clear, watery diarrhea is the expected result. If this is not the case please call the office at 901-1303. **BE SURE TO DRINK ALL OF THE SOLUTION OR PREPARATION MAY BE INADEQUATE AND THE PROCEDURE MAY BE CANCELLED.**

*NOTHING TO EAT OR DRINK AFTER MIDNIGHT, NOT EVEN WATER.

() TRILYTE PREP (OR GENERIC)

In addition to your Trilyte prep kit prescription, you will also need to buy Dulcolax rectal suppositories which are over the counter. After mixing the Trilyte place in refrigerator to chill (must be consumed within 24 hours).

DAY BEFORE COLONOSCOPY:

Do not eat anything solid. You may only consume approved clear liquids until midnight (see brochure "Guide to Clear Liquid Diet").

3:30 PM – Begin drinking TriLyte solution - one quart every ½ hr until all solution is ingested. To flavor the solution you may mix with crystal light lemonade or lemon-lime flavors **ONLY**. Continue to drink clear liquids until midnight. At the end of a successful prep, a clear, watery diarrhea is the expected result. If this is not the case please call the office at 901-1303. **BE SURE TO DRINK ALL OF THE SOLUTION OR PREPARATION MAY BE INADEQUATE AND THE PROCEDURE MAY BE CANCELLED.**

* NOTHING TO EAT OR DRINK AFTER MIDNIGHT NOT EVEN WATER.

DAY OF COLONOSCOPY:

6:00 AM Insert 1 Dulcolax suppository