

# Questions You May Have About Your Colonoscopy

## How common is colon cancer?

An estimated 112,340 Americans will be diagnosed with colon cancer (55,290 men and 57,050 women) and 41,420 new cases of rectal cancer (23,840 men and 17,580 women) will be diagnosed in 2007.<sup>1</sup>

## Who gets colon cancer?

People with a close relative who has the disease are more likely to be diagnosed with colon cancer.<sup>3</sup> Both men and women suffer from it, but it is more common in women. People at highest risk tend to consume a high-fat, low-fiber diet.<sup>2</sup> Some studies suggest that people who eat a diet that is low in fruits and vegetables may have a higher risk.<sup>3</sup>

## At what age do people get colon cancer?

More than 90 percent of people with colon cancer are diagnosed after the age of 50.<sup>3</sup>

## What are the symptoms of colon cancer?

Symptoms may include a change in bowel habits, blood in the stool, diarrhea, constipation, or a feeling that the bowel does not empty completely. Other symptoms may include general abdominal discomfort (frequent gas pains, bloating, fullness, or cramps), weight loss with no reason, constant tiredness or vomiting.<sup>4</sup>

## Is colon cancer curable?

The good news about colon cancer is that early detection may lead to a cure. Nationally, people whose colon cancers are treated at an early stage have five-year survival rates of 90%. However, only 39% of colon cancers are detected in the earliest stages.<sup>1</sup>

## How is colon cancer diagnosed?

Colon cancer is diagnosed through a procedure called a colonoscopy.

## What is a colonoscopy?

A colonoscopy is a medical procedure in which a long, thin, flexible tube is inserted through the anus and rectum into the bowel to examine the inside surface of the colon.

## Does it hurt?

You may experience slight cramping. Your doctor will prescribe a mild sedative to make you as comfortable as possible.

## How long does a colonoscopy take?

The procedure takes from 15 to 60 minutes. After the procedure, you will be moved to a recovery room. Be sure to arrange for a friend or family member to take you to and from the office or hospital.

## How do I prepare for a colonoscopy?

Your doctor may prescribe a PEG lavage (cleansing solution), such as TriLyte with flavor packs, prior to your colonoscopy. Ask your doctor which preparation is right for you. To find out how to prepare for your colonoscopy go to: Preparing for your Colonoscopy at [www.yourcolonhealth.com](http://www.yourcolonhealth.com).

## What is TriLyte with flavor packs?

TriLyte with flavor packs is a solution (PEG lavage) that cleanses the bowel in preparation for a colonoscopy. It is not indicated for colon cancer.

## How should I take TriLyte with flavor packs?

TriLyte with flavor packs should be taken in eight-ounce glasses every 10 minutes and drunk rapidly (not in small sips) according to your physician's instructions.

## How long does it take to work?

TriLyte with flavor packs begins to work in about an hour. The whole process takes approximately four to six hours.

## Can children take TriLyte with flavor packs?

Yes, children six months and older can take the solution according to the physician's instructions.

## What are the side effects of TriLyte with flavor packs?

Nausea, abdominal fullness, and bloating occur in up to 50% of patients. Abdominal cramps, vomiting and anal irritation occur less frequently. Side effects are temporary and subside quickly.

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## How do I prepare the solution?

The solution can be used with or without flavor packs. The flavor packs are designed to make the solution taste better. Prepare the solution as follows:

1. To add flavor, tear open one flavor pack at the indicated marking and pour contents into the bottle BEFORE adding water. Discard unused flavor packs.
2. SHAKE WELL to incorporate flavoring into the powder.
3. Add LUKEWARM tap water to the top of the FILL line marked 4 liters.
4. Replace cap tightly and SHAKE WELL until all ingredients have dissolved.
5. No additional ingredients should be added to the solution.

## IMPORTANT NOTES:

If you are NOT using a flavor pack, omit steps 1 and 2 above.

Lukewarm tap water may help the solution dissolve more easily. After the solution is mixed, it can be chilled in the refrigerator to make it more pleasant to drink. It is NOT recommended that a chilled solution be given to infants, however.

The solution should be used within 48 hours of mixing. Discard any unused portions.

If you have any questions, talk to your healthcare professional. He or she is always the best source of information and advice.

More information can be found through Other Resources at [www.yourcolonhealth.com](http://www.yourcolonhealth.com). But remember: the best source of information is your healthcare professional.

As with all polyethylene glycol (PEG) lavages, nausea, abdominal fullness, and bloating are the most common adverse reactions, occurring in up to 50% of patients. Oral medication administered within 1 hour of the start of administration of TriLyte with flavor packs may be flushed from the gastrointestinal tract and not absorbed.

Ask your healthcare professional whether TriLyte with flavor packs is right for you.

Visit [www.yourcolonhealth.com](http://www.yourcolonhealth.com) for complete prescribing information for TriLyte with flavor packs or to obtain more information about your colonoscopy.

1. American Cancer Society. Detailed guide: colon and rectum cancer. Available at: [http://www.cancer.org/docroot/CRI/content/CRI\\_2\\_4\\_1X\\_What\\_are\\_the\\_key\\_statistics\\_for\\_colon\\_and\\_rectum\\_cancer.asp?mav=crl](http://www.cancer.org/docroot/CRI/content/CRI_2_4_1X_What_are_the_key_statistics_for_colon_and_rectum_cancer.asp?mav=crl). Accessed: February 26, 2007.
2. Drossman DA, Shaheen NJ. Symptoms and Diagnosis of Digestive Disorders. In: Beers MH, Fletcher AJ, Porter R, Berkwits M, Kaplan JL. *The Merck Manual of Medical Information*. 2nd ed. Whitehouse Station, NJ: Merck Research Laboratories; 2003:669-770.
3. National Cancer Institute. What you need to know about cancer of the colon and rectum. <http://www.nci.nih.gov/cancertopics/wyntk/colon-and-rectal/page4>. Accessed: March 27, 2007.
4. National Cancer Institute. General information about colon cancer. <http://www.webmd.com/colorectal-cancer/tc/Colon-cancer-Treatment-Patient-Information-NCI-PDQ-General-Information-About-Colon-Cancer>. Accessed: March 27, 2007.

**TriLyte**<sup>®</sup> with  
flavor packs  
(PEG-3350, sodium chloride,  
sodium bicarbonate and  
potassium chloride for oral solution)

TriLyte<sup>®</sup> with flavor packs is a registered trademark of SRZ Properties, Inc.

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