

GASTROENTEROLOGY MEDICAL CLINIC

TRILYTE Bowel Preparation – Standard Dosing **USE ONLY THESE INSTRUCTIONS AND DISREGARD ALL OTHER** **INSTRUCTIONS!**

5 days before your colonoscopy

Read all prep instructions.

Stop herbals, vitamins, and oral iron supplements.

Arrange for a driver for your procedure.

2 days before your colonoscopy

Obtain TRILYTE from your pharmacy.

Confirm that you have a driver to take you home following your procedure.

At 6pm, mix TRILYTE powder according to the directions on the container and place in the refrigerator to chill.

The day before your colonoscopy

NO SOLID FOOD. NO ALCOHOL.

Clear liquids ALL DAY

PLUS

Drink an extra 8 ounces of clear liquid every hour from 10am to 3pm. Gatorade is preferred.

At 5pm drink 8 ounces of the chilled TRILYTE solution and continue to drink

8 ounces of TRILYTE every 10 to 15 minutes until the solution is completely consumed.

The first bowel movement should occur within a few hours after the start of TRILYTE. You may experience some abdominal bloating and distension before the bowels start to move. If severe discomfort or distension occurs, stop drinking temporarily or drink each portion at longer intervals until these symptoms disappear.

You are encouraged to continue to drink clear liquids until you go to bed.

The day of your colonoscopy

NO SOLID FOOD. NO ALCOHOL.

You may take your morning medications. Do not take aspirin and anti-inflammatory medications (Motrin, Advil, Ibuprofen, Aleve and others) until after the procedure.

You may continue to drink clear liquids until 3 hours before your scheduled procedure time.

After the procedure you may eat your usual diet unless otherwise instructed. **Drink 8 ounces of liquid at least 4 times after the procedure and before retiring for the night.**

Clear Liquid Diet – (no red or purple)

Gatorade

Clear fruit juices (apple juice)

Water, Kool-Aid

Clear soup, broth or bouillon

Tea/coffee without cream

Sodas: 7-up, Sprite, regular or diet Pepsi/Coke

Jell-O, Hard candies

Popsicles (no sherbets/fruit bars)

No solid foods, milk or milk products.