

TRILYTE
COLONOSCOPY PREP

Need: Rx - Trilyte

THE DAY BEFORE THE PROCEDURE _____ :

- Fill the laxative container with water to the ridge on the container. Add a flavor packet at this time, if you want.
- Place the container in the refrigerator until time to drink.
- **START A CLEAR LIQUID DIET WHEN YOU GET UP IN THE MORNING (SEE THE FOLLOWING LIST)**

FOOD ALLOWED ON A CLEAR LIQUID DIET	
BEVERAGE	Water, Coffee, Tea, Carbonated beverages, Apple Juice, White grape Juice, warm or cold flavored gelatin, fruit flavored drinks and powders{ Gatorade, Country time, Crystal light, Kool-Aid}
SOUP	Fat free broth or bouillon
DESSERT	PLAIN fruit flavored gelatin, Popsicles, slushes, ices, hard candy, jelly beans
CONDIMENTS	Sugar, Artificial sweeteners, Non-fat/non dairy, liquid or powdered creamers {Coffemate, Creamora}
FOODS NOT ALLOWED	
	NO SOLID FOOD
	NO dairy products: cheese, milk, half&half, Slim Fast, Glucerna, Boost, Ensure
	NO purple or red colorings ORANGE coloring IS ACCEPTABLE

- **5 PM** – Start taking the laxative.
 - Take the TRILYTE container out of the refrigerator
 - Every 15 minutes drink (1) – 8 ounce glass of the laxative mixture. You will drink a total of 16 glasses.
 - Use a straw or eat hard candy between glasses
 - You will get bloated, it will pass. Rock in a chair or walk around the house
 - Take a 20- 30 minute break if you get nauseated
 - Continue drinking clear liquids of your choice until you go to bed
 - Take any prescribed medications when your BM's slow down.

THE MORNING OF THE PROCEDURE _____ :

12 HOURS before your procedure: STOP SMOKING
6 HOURS before your procedure: No candy, mints, jelly beans or chewing gum
3 HOURS before your procedure: Take any regularly prescribed medication. DO NOT TAKE diabetic medication, potassium pills or diuretics (water pills)
STOP DRINKING LIQUIDS:

- **ARRIVE TO:** _____ **AT** _____ **TO COMPLETE YOUR PREPARATION PRIOR TO THE PROCEDURE.**

Miscellaneous

- ✓ Contact your Primary Care physician, if necessary, for any adjustments in your medications, i.e. blood thinners, diabetic medication. (Please refer to list of medications to stop prior to a procedure)