

Trilyte / Magnesium Citrate COLONOSCOPY PREP

Need to get from a pharmacy: Rx – Trilyte
(1) 10 ounce bottle citrate of Magnesium OTC

2 DAYS BEFORE YOUR PROCEDURE _____ :

- Continue on your regular diet
- **5 PM-** drink the 10 ounce bottle of **Citrate of Magnesium**
 - You should have a bowel movement with 1 to 6 hours

THE DAY BEFORE THE PROCEDURE _____ :

- Fill the Trilyte container with water to the ridge on the container. Add a flavor packet if you want/have one. Put the container in the refrigerator until it is time for you to drink the laxative.
- **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. You will drink A TOTAL OF 8GLASSES.
 - You should have BM's within 30 – 60 minutes
 - Use a straw or eat hard candy between glasses, if necessary
 - Bloating will occur, it will pass. Walk around the house or rock in a chair to relieve bloating
 - If you get nauseated take a 20 -30 minute break
 - Continue drinking clear liquids of your choice until you go to bed
 - Take any prescribed PM medications when your BM's slow down

THE MORNING OF THE PROCEDURE _____ :

- _____ 5 hours before you leave home drink the last 8 glasses of the laxative.
 - Drink (1) – 8 ounce glass every 15 minutes until the container is empty

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 NO 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)