

Instructions For Trilyte Prep

Please fill your prescription for Trilyte at least 3 days prior to your colonoscopy.

DAY BEFORE PROCEDURE

Step 1: Drink only clear liquids for breakfast, lunch and dinner. Do not consume any solid foods or milk products. (See attached sheet for a list a clear liquids).

Step 2: Beginning at 6:00 PM: Mix Trilyte prep by adding drinking water to the fill line on the container and mix to dissolve powder contents (Note: if preferred, mix solution ahead of time and chill prior to drinking. The reconstituted solution should be used within 24 hours of mixing). Every 15 minutes drink a glass of solution (approximately 8oz), until half of the solution is consumed. Place remaining solution in refrigerator.

Step 3: Do not have anything else to eat or drink, except for heart or blood pressure medication.

MORNING OF THE PROCEDURE

Step 5: Beginning at 3:00 AM: Every 15 minutes drink a glass of solution (approximately 8 oz), until the other half of the container is consumed. At this point, the entire container of solution should be completed. **It is extremely important to finish the prep. Failure to complete the entire prep can lead to unclean colon, inadequate results, and possible procedure rescheduling due to improper preparation.**

Step 6: NOTHING AFTER 4:30 AM!! Do not have anything else to eat or drink, except for heart or blood pressure medication