

TRILYTE COLON PREP

Preparation:

ON THE DAY BEFORE YOUR PROCEDURE

In the morning (the day before the procedure) PREPARE THE TRILYTE

- Mix the TriLyte with 1 gallon of water. Pour the TriLyte into 4 equal sized glasses and use 1 flavor packet in each glass of the TriLyte. This will provide some variety to the flavor of the TriLyte during the prep. Keeping the TriLyte in the refrigerator or adding ice will help the taste, also. Shake well to adequately mix the flavor pack with powder.
- Add water up to the fill line.
- Shake well until the powder has dissolved.
- Add nothing else to the solution.
- Refrigerate until ready to drink. (keep the solution no more than 48 hours)
- If you are taking other medications, ask your doctor if you need to adjust your dosing schedule.

AT MID-DAY (the day before the procedure)

- Do not eat any solid food three to four hours before starting to drink the solution. STOP EATING AT _____

In the evening (the day before the procedure)

- **Begin drinking the solution between 4 p.m. and 6 p.m.** Drink an eight-ounce glass of the solution every 10 minutes, **until 1/2 gallon is gone**. It is recommended that you drink the whole glass rapidly, rather than sip small amounts.
- Keep drinking the solution until the bottle is empty or bowel movement is clear.
- Bowel movements should begin approximately one hour after the first glass of the solution. They will continue for some time after you finish drinking the last glass.
- Feelings of bloating, abdominal fullness, and nausea are common after the first few glasses of the solution. This is temporary and should subside.
- Do not eat any solid food. You may drink water or other clear liquids recommended by your physician.
- Continue to drink plenty of clear fluids the remainder of the evening. This will assure that your colon is being cleansed properly.

THE DAY OF THE COLONOSCOPY:

- **Approximately 3-4 hours before** you are to arrive at the procedure facility, drink the **remaining ½ gallon of TriLyte**. Continue to drink plenty of clear fluids up until 2 hours before the scheduled start of your procedure.
- Do not eat any solid foods before the procedure.
- Take any heart or blood pressure medications that you normally take in the morning with your last drink of liquid.
- If you have any questions about which medications to take, please call the office at (309)451-1123

STOP DRINKING ALL FLUIDS AT _____

(Continued on reverse)

TRILYTE COLON PREP (cont.)

REMINDER

- Follow the instructions your doctor gives you exactly.
- TriLyte with flavor packs offers you a choice of five flavors.
- Add nothing else to the solution-no ice, no flavoring, no sweetener-NOTHING AT ALL.
- Tell your doctor if you are taking other medications. You may need to adjust your dosing schedule.
- Do not consume any solid foods two to four hours before you begin your preparation.
- Bowel movements should begin about an hour after you drink the first glass. They will continue for some time after you finish the last glass.
- Feelings of bloating, abdominal fullness, and nausea are common. These feelings are temporary and should subside when you begin to have bowel movements.

Tips

- Chill it! Put the solution in the refrigerator until you are ready to start drinking it.
- Try chilling the glass too.
- Drink the whole glass quickly. Don't sip small amounts.
- Rinse your mouth with cool water between glasses.
- Drink the solution with a straw.
- Place some light reading material in the bathroom.
- Make sure you use soft toilet tissue or premoistened bathroom wipes to prevent soreness.