

## Tri-Lyte Bowel Prep

Dear Patient,

Your doctor has recommended these instructions to help prepare you for your colonoscopy. Please fill the enclosed prescription in advance of your procedure. Please talk to your doctor about any questions you have regarding this preparation.

***Patients who take medications on a regular basis (especially blood thinning medications ie: Coumadin, aspirin, plavix, ibuprofen and vitamin E should consult their doctor regarding their use in preparation for colonoscopy.***

### Day before colonoscopy

- 1- Drink only clear fluids for breakfast, lunch and dinner. These include water, clear fruit juices (apple, grape, Gatorade), bouillon and Jell-O (but not red or orange Jell-O). Do not consume solid food or milk products.
- 2- At **4:00PM**, mix TriLyte solution. (Add flavor pack if desired)
- 3- -Add lukewarm drinking water to top of line of bottle
  - Cap bottle and shake to dissolve the powder
  - The reconstituted solution will be clear.
  - Solution can be chilled prior to consuming.
- 4- **Drink all of the solution.**
  - Drink 1 (8oz.) glass every 10 minutes until complete.

Do not have anything to eat or drink after midnight prior to your procedure.

#### **Note:**

- 1: If you develop discomfort or distention (bloating), stop drinking the solution for a while or wait longer between drinking each glass until the discomfort goes away.
- 2: Do not take any other medicines within 1 hour of starting to drink the solution
- 3: Nausea, cramping and abdominal fullness are the most common adverse reactions