

## **TRILYTE PREP INSTRUCTIONS W/O DULCOLAX**

Note: Before beginning the following steps, have your prescription of TriLyte with flavor packs (PEG-3350, sodium chloride, sodium bicarbonate, and potassium chloride for oral solution) filled. Citrus-berry, pineapple, and orange flavors are available.

### **PREPARATION THE DAY BEFORE SCOPE:**

#### **IN THE MORNING:**

- Choose one flavor pack and add it to the four liter bottle. Shake well to adequately mix the flavor pack with powder.
- Add water to the fill line and shake well until powder is dissolved.
- Refrigerate until time to drink.
  
- Start a CLEAR LIQUID DIET AT BREAKFAST. Please see the "Colonoscopy Instructions" sheet enclosed for details about the clear liquids.

#### **IN THE EVENING:**

- Begin drinking the solution at 6P.M. Drink an 8 ounce glass of the solution every 10 minutes. It is recommended that you drink the whole glass rapidly rather than sip small amounts.
- Keep drinking the solution every 10 minutes until 2 liters have been consumed.
- Place the remaining 2 liters into the refrigerator.
- Bowel movements should begin approximately one hour after the first glass of the solution. They will continue for several hours after you drink the last glass.
- Feeling of bloating, abdominal fullness and nausea are common after the first glasses of the solution. This is temporary and should subside once bowel movements begin.
- Do not eat any solid foods. You may drink water and other clear liquids recommended by your physician.

### **PREPARATION: THE DAY OF THE COLONOSCOPY**

4 HOURS BEFORE YOU **LEAVE** HOME FOR YOUR COLONOSCOPY, drink the remaining Trilyte solution, (8oz glass every ten minutes).

Please refer to the TriLyte with flavor packs full prescribing information.