

Digestive Disease Consultants

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PATIENT INSTRUCTIONS FOR COLONOSCOPY

Your Colonoscopy is scheduled for

_____ at _____ and to arrive

at _____.

YOU ARE USING THE **TriLyte Bowel Prep Kit** TO PREPARE WITH.

DAY BEFORE THE EXAM:

Drink **ONLY** clear liquids for breakfast, lunch and dinner. (the entire day before).

At 12:00pm (noon) take the 4 bisacodyl tablets with water

- **DO NOT** chew or crush
- **DO NOT** take within an hour of taking an antacid

At 1:00pm mix the TriLyte Solution

- Mix the solution with lukewarm water to the top of the line of the bottle
- Cap the bottle and shake to dissolve the powder
- Solution will be clear and colorless
- Use within 48 hours and do not add anything else to the solution such as Ice,

Crystal lite, Sweeteners, etc.

Wait for a Bowel Movement

- After a bowel movement occurs (usually in 1 to 6 hours), begin to drink the solution.
- Even if no bowel movement occurs after 6 hours, begin to drink the solution

Drink the solution

- Drink 1-8oz glass every 10-15 minutes (about 8 glasses). Drink each glass quickly rather than drinking small amounts continuously.
- Be sure to drink **ALL** of the solution

Nothing to drink four hours prior to you procedure

CLEAR LIQUIDS INCLUDE:

- ↳ **Water**
- ↳ **Clear fruit juices (apple, white cranberry, white grape)**
- ↳ **Soda (regular or diet)**
- ↳ **Coffee or tea (no milk)**
- ↳ **Gatorade / Popsicles**
- ↳ **Broth or bouillon**
- ↳ **Jello-o (no red)**
- ↳ **Ensure (limit 2)**

NO SOLID FOODS

NO MILK OR MILK PRODUCTS
NO RED JELL-O OR RED LIQUIDS ALLOWED

ANY QUESTIONS PLEASE CONTACT THE OFFICE AT 407-830-8661
EXT.120