

## **TRILYTE COLONOSCOPY INSTRUCTIONS**

Try to avoid fruits and vegetables for 2 days before colonoscopy.

**Medications that must be stopped FIVE days before the procedure:** Aspirin, Plavix (clopidogrel), Coumadin (warfarin), Xarelto, and NSAIDS (ex: Motrin, Advil, Naproxen, Celebrex, Ibuprofen) **blood thinners would require clearance (the ok to be stopped) from Prescribing MD.**

### **INSTRUCTIONS FOR THE DAY BEFORE COLONOSCOPY:**

#### **NO FOOD THE ENTIRE DAY BEFORE PROCEDURE**

**Note: Before beginning the following steps, make sure the 4 Bisacodyl tablets are included- if not you are to purchase Dulcolax laxative 5mg over the counter**

***You must remain on a CLEAR liquid diet the entire day before your procedure.*** Clear liquids include: Water, Strained fruit juices (no pulp) including apple, white grape or white cranberry, Limeade or lemonade, Coffee or tea (do not use any milk/cream, you may use sugar or lemon), Chicken broth, soda, Gatorade, popsicles, and Jell-o. Please **do not** have any dairy products or **anything red or purple** in color.

**Around 10 a.m., create your Trilyte solution and refrigerate if you like it cold.**

Fill the plastic container with water up to the fill line. Add flavoring agent (Trilyte flavor packet). Close the cap, shake well, and chill in the refrigerator.

**Around 12 p.m., take the 4 Dulcolax (Bisacodyl) tablets**

Bowel movement usually occurs within 1-2 hours don't worry if no movement occurs within 3 hours.

**Around 4 p.m., start drinking the Trilyte solution**

Start drinking the Trilyte solution as tolerated (best way is 8 ounces every 15-20 minutes) until it is finished. You can use a straw, if you feel nauseous or bloated, stop rest then continue.

**YOU WILL NEED TO DRINK ALL 4 LITERS!**

You may continue drinking clear liquids until midnight.

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

***Do not eat or drink anything after midnight.***

Medications are to be taken **AFTER** the procedure is over with the exception of the following...

**Take ONLY** your Blood pressure, heart and seizure medications with a tiny sip of water.