

***READ CAREFULLY AND FOLLOW THESE INSTRUCTIONS. DO NOT FOLLOW THE INSTRUCTIONS PROVIDED IN THE PACKAGE. DO NOT EXCEED RECOMMENDED DOSAGE AS SERIOUS SIDE EFFECTS MAY OCCUR. COMPLICATIONS OF RENAL FAILURE HAVE OCCURRED IN SOME PATIENTS USING THIS PRODUCT.**

**Tri-Lyte Bowel Preparation Procedure Instruction Sheet
Scheduled for Afternoon Procedure**

Medications: You will need to stop taking aspirin, blood thinners, arthritis medications such as Motrin and Advil, vitamin E and herbal supplements, for five days prior to your procedure unless otherwise instructed. You may take Tylenol, multi-vitamins and all other prescription medications. If you are unsure about a medication please ask your physician or nurse.

***Two Days Before Your Exam:** Have your prescription for Trilyte filled at your local pharmacy. You will also need to purchase a small box of Dulcolax (biscodyl) tablets if they are not already included with your bowel prep kit.

***One Day Before Your Exam:**

- **Breakfast:** You must have a clear liquid breakfast. This will include soft drinks of any kind, coffee, tea, fruit juice without pulp, Gatorade, Crystal Light, broth and Jello. You may **not** have any milk products, red colored liquids or any alcoholic beverages.
- **After Breakfast:** Take two (2) Dulcolax tablets by mouth followed by 8 ounces of water.
- **Lunch:** Clear liquids for your lunch meal.
- **30 Minutes after Lunch:** Prepare your bowel prep solution (Tri-Lyte). Place in refrigerator to get cold.
- **After Lunch-** Drink 6-8 ounces of some type of clear liquid every hour. Gatorade is a good fluid replacement.
- **4PM Dinner:** You should have clear liquids for your dinner meal.
- **30 Minutes after Dinner:** Begin drinking your Tri-Lyte solution now- 8 ounces every 15 minutes until you have completed ½ of the bottle of solution. This will take at least one to 2 hours to complete this portion of your preparation. After completing the solution continue drinking clear liquids 8 oz every hour until bedtime.

The Day of your Colonoscopy:

- **6 hours before leaving for your procedure :** Begin drinking the second half of your prep solution, 8 ounces ever 15 minutes until you have completed the entire solution. You must drink all of this prep.
- After this you may have nothing else to eat or drink until after your procedure.

- Don't Forget:**
- 1) You **must** drink the recommended amount of water and/ or clear liquids while you are taking this bowel preparation to prevent serious side effects and to insure that you are properly prepared for the testing.
 - 2) The day of your procedure take your usual morning heart and blood pressure medications. Hold all other medications until after your procedure.
 - 3) If you do not follow these directions completely your exam may have to be repeated.
 - 4) You will need someone to drive you home after your procedure.