



## TRILYTE INSTRUCTIONS

READ & FOLLOW ALL INSTRUCTIONS – PLEASE CALL (804) 282-3114 WITH QUESTIONS

### I. 3 DAYS BEFORE YOUR COLONOSCOPY:

1. STOP blood thinners, including Coumadin, Plavix, Eliquis, Xarelto, Brilinta or Aggrenox.
2. If you take insulin, consult your prescribing physician for dosing adjustment.
3. STOP iron supplements.
4. YOU MAKE TAKE Tylenol and other brands that contain acetaminophen.
5. DO NOT EAT nuts, peanuts, sunflower seeds, fruits or vegetables with seeds. Seeds will remain in the colon even after the preparation. DO NOT EAT potato chips with Olean or Olestra.

### II. THE DAY BEFORE YOUR PROCEDURE:

1. Begin a CLEAR LIQUID DIET ALL DAY.
2. Clear liquids include water and these other suggestions:

Chicken Broth, bouillon

Apple Juice

Tea, 7-Up, Ginger Ale, Sprite, Mountain Dew – Diet OK

Clear Gatorade or Flavored Water

Jello – lemon, lime or pineapple flavors only

Popsicles – Lemon and Banana

White Grape Juice

Lemon Italian Ice

White Cranberry Juice

3. NO SOLID FOODS for the entire day.
4. You may drink one cup of black coffee or plain tea. However, you MAY NOT drink any milk or dairy products including milk or cream in your coffee or tea. You MAY NOT have anything that contains red, purple, orange or blue dyes.
5. You MUST CONSUME 2 liters of fluid or more the day before your procedure.

### TRILYTE INSTRUCTIONS:

First Dose, start at 7 pm the night before your scheduled procedure:

1. Add flavor packet of your choice to the jug.
2. Add water to the top line and place in refrigerator if you would like cold.
3. Starting at **7:00pm**, drink an 8 oz glass every 15 minutes until half of the jug is consumed, approximately 8 glasses. You may continue on clear liquids throughout the night.

Second Dose, start 5 hours before your scheduled procedure time:

1. Drink an 8 oz glass every 15 minutes until the jug is empty, approximately 8 glasses.
2. During this time, PLEASE TAKE your usual morning medications, including blood pressure medication. DO NOT take blood thinners and iron supplements.

### III. DAY OF PROCEDURE:

1. DO NOT DRINK ANY LIQUIDS 3 HOURS BEFORE PROCEDURE.
2. **DUE TO SEDATION, YOU MUST BE ACCOMPANIED BY AN ADULT WHO WILL REMAIN IN THE OFFICE UNTIL YOUR PROCEDURE IS COMPLETE. YOU CANNOT DRIVE!!** You will be allowed to take a taxi or bus if accompanied by an adult you know. Your entire procedure should take approximately 90 minutes. If these instructions are not followed, your procedure may be canceled.