



THE MEDICAL GROUP
OF SOUTH FLORIDA, INC.

Trilyte Prep

The day before your procedure, drink clear liquids only for breakfast lunch and dinner. No solid food. **Please take all your normal medications.**

Try to drink 8oz of liquid every hour to prevent dehydration.

STEP 1: FOR BOTH ARRIVAL TIMES

- At **8:00am** mix the solution by adding luke warm water to the top line on the bottle. Put the cap back on and shake the bottle vigorously. Keep refrigerated.
- At **6:00pm** begin drinking the solution. Drink an 8oz glass every 15 minutes until half of the bottle is gone.
- If you become nauseated, stop drinking for 15 minutes and then start drinking again.

STEP 2: IF YOUR COLONOSCOPY ARRIVAL TIME IS 10:30 AM OR EARLIER:

- At **11:00pm** begin drinking the remainder of the solution. Drink an 8 oz glass of solution every 15 minutes until the bottle is empty.
- After midnight nothing to eat or drink (not even gum or mints), **except for your morning medications.**

STEP 2: IF YOUR COLONOSCOPY ARRIVAL TIME IS AFTER 10:30 AM:

- At **6:00am** the morning of your procedure begin drinking the remainder of the solution. Drink an 8 oz glass of solution every 15 minutes until the bottle is empty.
- After you are done with your prep nothing to eat or drink (not even gum or mints), **except for your morning medications.**

***** IF YOU ARE DIABETIC TAKE NO ORAL DRUGS THE DAY BEFORE AND THE MORNING OF YOUR PROCEDURE. IF YOU TAKE INSULIN TAKE ½ DOSE OF INSULIN THE DAY BEFORE THE TEST AND NONE THE DAY OF TEST.*****

IF YOU ARE ON BLOOD THINNERS PLEASE ASK YOUR PHYSICIAN ABOUT STOPPING THEM

Also: The morning of your procedure: THIS IS IMPORTANT!

- Take all heart and blood pressure medicine with a small sip of water
- Take asthma medication
- Take all morning medications with a small sip of water