

## Middlesex / Monmouth Gastroenterology

### TriLyte “SPLIT” Bowel Preparation for Colonoscopy

#### One (1) Week Before Your Procedure

**Arrange a ride.** You will be sedated for your procedure and you cannot drive or return home alone. If you arrive without a responsible escort, your procedure will have to be rescheduled. There are NO exceptions.

**Stop taking iron supplements or multivitamins with iron, unless otherwise directed by your doctor.**

**If you are taking, aspirin, Plavix or Coumadin, please notify MMG for instructions on taking these medications for your procedure**

**DIABETIC PATIENTS:** Please make sure you have discussed your medications with your physician, as they may need to be adjusted.

**Purchase the following at your local pharmacy:**

1. **TriLyte Bowel Prep Kit.** (One gallon). (You will only need to drink ½ of the container.)
2. **2 Bisacodyl / Dulcolax Tablets** (over the counter). These are not included in the TriLyte Kit.
3. **Magnesium Citrate, 10 oz. bottle**

#### Three (3) Days Before Your Procedure

**Stop taking any NSAIDs (anti-inflammatory medications)** such as Advil, Aleve, Motrin, aspirin, Celebrex unless taken for vascular or heart disease.

**Stop taking Vitamin E, ginger, ginkgo and garlic supplements.**

#### One (1) Day Before Your Procedure

**Breakfast/Before 10:00 am** - You may have protein shakes, eggs or white rice for breakfast. **You cannot have any other solid foods.** (For example, you cannot have bread or other grains, oatmeal, cereal, vegetables, fruit or meat.)

**At 10:00 am – STOP eating all SOLID FOODS.** You will need to follow a **clear liquid diet** for the remainder of the day.

**Clear liquid diet allows:** Water, ice pops (**NOT red**), clear broth or bouillon, Gatorade or Kool-Aid (**NOT red**), strained fruit juices without pulp (apple, white grape or lemonade), coffee and tea (NO milk or non-dairy creamers), Jell-O (**NOT red**) without added fruit or toppings, carbonated and non-carbonated drinks (Ginger-ale, Sprite, 7-Up, Cola), Italian ices (**NOT red**). **If you can't see through it, you can't have it! DO NOT DRINK ANYTHING THAT IS THE COLOR RED!!**

**At 2:00 pm – Take the (2) Bisacodyl / Dulcolax tablets with an 8 oz. glass of water.**

**At 2:00 pm – Mix TriLyte powder solution with warm water to the fill line of container and refrigerate.**

**At 5:00 pm – Begin drinking the TriLyte solution. Drink one 8 oz. glass every 20 minutes, until you have finished 8 glasses (total of 64 ounces). This will be ½ the contents of the container.**

**The second part of your prep will depend on your assigned arrival time.** (You will be notified of your arrival time 2 days in advance.)

If your arrival time is scheduled before 9:00am, follow these instructions:

#### **THE EVENING BEFORE YOUR COLONOSCOPY**

After drinking the 64 ounces of TriLyte solution, the stool should be clear yellow and free of particulate matter. (This should be prior to 9:00 pm.) If the stool is not clear yellow, then you will need to drink additional laxative.

At this point, you have a choice to drink

- EITHER an additional 32 oz. of the TriLyte solution (one 8 oz. glass of solution every 20 minutes, for a total of 4 glasses.)
- OR If you are unable to tolerate the TriLyte solution, you may drink one 10 oz. bottle of Citrate of Magnesium, followed by two 16 oz. glasses of water (total of 32 ounces of water).
- You have a choice to drink either the TriLyte or Citrate of Magnesium.

After Midnight – DO NOT HAVE ANYTHING TO EAT OR DRINK.

If your arrival time is scheduled for after 9:00 am, follow these instructions:

#### **THE EVENING BEFORE YOUR COLONOSCOPY**

Refrigerate the remaining TriLyte solution (1/2 container) overnight.

After Midnight – DO NOT HAVE ANYTHING TO EAT OR DRINK.

#### **THE MORNING OF YOUR PROCEDURE**

You will need to drink an additional laxative the morning of the procedure. The additional solution should be finished (5) five hours prior to your scheduled procedure arrival time.

At this point, you have a choice to drink

- EITHER an additional 32 oz. of the TriLyte solution (one 8 oz. glass of solution every 20 minutes, for a total of 4 glasses.)
- OR If you are unable to tolerate the TriLyte solution, you may drink one 10 oz. bottle of Citrate of Magnesium, followed by two 16 oz. glasses of water (total of 32 ounces of water).
- You have a choice to drink either the TriLyte or Citrate of Magnesium.

DO NOT EAT OR DRINK ANYTHING AFTER COMPLETING THE PREP.

### **The Day of Your Procedure**

You must take your Heart Medications, Blood Pressure Medications and Seizure Medications, with sips of water to help you swallow the medicine. Take your morning medications as usual, but you should make adjustments so that all of your medications are taken at least three (3) hours before your procedure time.

**DO NOT EAT OR DRINK ANYTHING AFTER COMPLETING THE PREP.**

**DO NOT CHEW GUM.**

Do not wear any jewelry to the Center.

Bring your escort with you to the procedure.

Although most procedures will be completed within 30 minutes, many factors determine your total time spent at the facility. In making your plans for the day, you should plan on spending approximately 2-4 hours at the facility.

Please follow these instructions carefully. If you are unsure of anything that needs to be done, do not hesitate to call our office (732-577-1999). Failure to follow the preparation correctly may result in an inconclusive study that will need to be repeated.