

Digestive Disease Consultants

TriLyte Bowel Prep Split Dose

FOLLOW ALL THE STEPS COMPLETELY

2 Days before the Exam – At 6pm: Take 1 bottle of Magnesium Citrate (available over the counter @ any local pharmacy)

Day before the Exam – **CLEAR LIQUIDS FROM THIS POINT ON!**

Clear liquid diet

These Items **are allowed**:

Water, Clear broths (chicken broth, beef broth, vegetable broth), Juices (apple juice, prune juice, grape juice, cranberry juice, lemonade, Kool Aid), Clear beverages (Sodas, Tea, Coffee), Ices/Jell-O (Clear Jell-O, Popsicles without fruit, Italian Ices)

These Items are **Not Allowed**:

Milk, Cream, Milkshakes, Orange Juice, Tomato Juice, Cream Soups, Oatmeal, Cream of Wheat, Any soups other than clear broth

NOTHING BY MOUTH, EXCEPT THE PREP, 6 HOURS PRIOR TO YOUR EXAM!!

In the morning:

Choose one of the flavor packs and add it to the four-liter bottle. Shake well to adequately mix the flavor pack with powder. Add water up to the fill line. Shake well until the powder has dissolved. Add nothing else to the solution. Refrigerate until ready to drink. (keep the solution no more than 48 hours)

In the evening:

Begin drinking the solution at _____. Drink an eight-ounce glass of the solution every 10 minutes. It is recommended that you drink the whole glass rapidly, rather than sip small amounts.

Drink only ½ of the solution. Bowel movements should begin approximately one hour after the first glass of the solution. They will continue for some time after you finish drinking the last glass. Feelings of bloating, abdominal fullness, and nausea are common after the first few glasses of the solution. This is temporary and should subside. Do not eat any solid food. You may drink water or other clear liquids recommended by your physician.

Day of the Exam:

Begin drinking the 2nd ½ of the solution at _____. Drink an eight-ounce glass of the solution every 10 minutes until solution is gone. You may think you are clear, but this dose is to clean the 2nd portion of your bowel. It is very important to drink all of the solution. Do not eat any solid foods before the procedure.

You may take your morning medications with a small sip of water.

Tips

Chill it! Put the solution in the refrigerator until you are ready to start drinking it.

Drink the solution with a straw.

Make sure you use soft toilet tissue or premoistened bathroom wipes to prevent soreness.

If you experience problems please call 815-936-1700 if scheduled at our surgery center or 815-937-5200 if scheduled at the hospital. If it is after office hours the doctor on call will be paged for you.