**TriLyte Bowel Prep Instructions**

Procedure Date\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Arrival time\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**MEDICATION AND DIET INSTRUCTIONS**

Please be sure you have obtained a prescription prior to your procedure. If you do not receive a prescription for TriLyte enclosed with these instructions, please call our office at (210)268-0124.

**Four (4) days before your procedure:** STOP Plavix (clopidogrel), Coumadin (warfarin) and aspirin containing products. You may continue to use Tylenol (acetaminophen) as a pain reliever. Talk to your primary care doctor or cardiologist to ask if an alternative anti-coagulant is needed.

**Two (2) days before your procedure:** STOP eating nuts or seeds of any kind and foods with a peel. Examples include: popcorn, peanuts, fennel seeds, poppy seeds, grapes, beans, tomatoes, green peas, corn, blueberries, raspberries or watermelon.

**One (1) day before your procedure:** CLEAR LIQUIDS ONLY. NO SOLID FOODS, alcohol, dairy products, pulp or any solid fragments are allowed. Begin drinking clear liquids in the morning and throughout the day. Examples include: black coffee or tea (without creamer), soda, Gatorade, Propel, water, clear fruit juices (apple, white grape, white cranberry), clear broth, popsciles, and Jell-o. NO RED, BLUE, PURPLE OR GREEN FOOD COLORING IS ALLOWED.

Mix TriLyte by adding water to the indicated line near the top of the container. Use flavor packets provided with your prescription (one packet is enough for the 4 liters), sprinkle small amount of powder into a glass of fluid to vary flavor as desired. Shake container until powder is mixed well and place in the refrigerator.

* At 6 PM the day before your procedure: Drink half of the prep solution by drinking 8 oz every 10-15 minutes until you have consumed half of the solution in the container. You may store the remaining half in the refrigerator or at room temperature.
* 5 hours before your scheduled procedure time \_\_\_\_\_\_\_\_\_\_\_ drink the rest of the solution, repeating the same steps described above (8 oz every 10-15 minutes).

\*\*\*Stop drinking any liquids 3 hours prior to your scheduled procedure\*\*\*

* If you take insulin, use half of your regular dose the morning of the procedure, unless instructed otherwise.
* If you take diabetic pills, do not take the pills on the morning of the procedure.
* Stop taking iron supplements and/or vitamin E four days prior to the procedure.
* If you usually take MORNING doses of blood pressure, thyroid, or seizure medications, take the medication(s) with a sip of water on the morning of the procedure.

PLEASE BRING THE FOLLOWING WITH YOU TO THE PROCEDURE CENTER:

* Insurance card(s)
* Picture ID
* All of your current medications
* A driver other than a taxi or public transportation

You must have arranged for someone to drive you home or the procedure will be rescheduled. Please contact our office at (210)268-0124 if you have any questions or at least 3 business days prior if you need to reschedule or cancel your appointment.