

Trilyte Instructions

Warning: Prior to starting Prep, please be aware of strict diet instructions. It is required to begin a low fiber diet 2-3 days prior to your procedure. A liquid diet is REQUIRED a day before the procedure, NO solid foods to be consumed. No food or drink after midnight the night before procedure. Failure to comply with diet will result in rescheduling your procedure.

Mixing Instructions:

- Mix solution and refrigerate the morning before your procedure.
- Add lukewarm drinking water to the top line of the bottle. Replace cap and shake well to dissolve the powder.
- The mixed solution will be clear and colorless. Use within 48 hours.
- Do not add anything to the solution other than one of the provided flavor packs.

DOSE 1—Start first dose the day prior to your colonoscopy beginning at 6:00 p.m.

STEP 1: Drink half of the prepared solution.

STEP 2: Once you begin to drink the solution drink one (1) 8-ounce glass every 10-20 minutes. You should complete 8 (8 oz.) glasses within one hour. There are marks on the jug located opposite the handle. The second mark is the halfway point.

Step 3: Drink each glass quickly rather than drinking smaller amounts continuously. Be sure to drink half of the solution.

Step 4: Following this, please continue to drink clear liquids until you go to bed. An additional 32 ounces of clear liquid is recommended.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT – WITH EXCEPTION OF YOUR PRESCRIBED PREP!

DOSE 2—Start 2nd dose the day of your Colonoscopy, 6 hours prior to your procedure arrival time.

STEP 1: Drink the remaining half of the prepared solution within one hour.

STEP 2: Remember to drink all the liquid in the container and drink two additional 16-ounce cups of water over the next hour.

Day of Procedure:

Medications: Continue taking medications for heart, blood pressure medication, asthma, and seizure. Take only a small sip of water, no later than 2 hours prior to your procedure.

If you have any questions, please call: 214-496-1100

Approved Foods to Eat on Day 2 and Day 3 Prior to Your Procedure:

- Chicken, turkey, lamb, lean pork, fish, eggs
- Breads and grains made with refined white flour
- White rice
- Plain crackers like Ritz or Saltines
- Sour Cream, yogurt, cheese, cottage cheese, milk
- Tea and black coffee without cream or milk
- Flavored Water without dye
- Clear light-colored juices such as apple or white grape
- Clear broth- chicken, beef, vegetable
- Clear Soda such as Sprite or Fresca.
- Sports Drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream, none that are red, blue, or purple
- Jell-O, none that have fruit chunks, none that red, blue or purple

Approved Foods to Eat Day Before Your Procedure:

- Water
- Tea and black coffee without cream or milk
- Flavored Water without dye
- Clear light-colored juices such as apple or white grape
- Clear broth- chicken, beef, vegetable
- Clear Soda such as Sprite or Fresca.
- Sports Drinks such as Gatorade and Propel (light colors only)
- Popsicles without fruit or cream, none that are red, blue, or purple
- Jell-O, none that have fruit chunks, none that red, blue or purple



Avoid These Foods 3 days prior to your procedure:

- NO Nuts
- NO Seeds
- NO Granola
- NO Fruit with seeds
- NO Dried Fruit
- NO Raw fruit with skin membranes (includes berries, pineapples, oranges, watermelon)
- NO Brown or wild rice
- NO Whole grain bread, rolls, pasta, or crackers
- NO Bread or cereal with nuts or seeds
- NO Beans
- NO Potatoes with skin
- NO Cucumbers or pickles
- NO Cabbage or Brussel sprouts
- NO Green Peas, Squash, Onions, Corn, Tomatoes
- NO Soup that's not broth
- NO Popcorn
- NO Juice with pulp
- NO Baked goods with whole grain flour or nuts
- NO food or drink with dye that is in blue, red, or purple color

Avoid These Foods 24 hours prior to your procedure:

- NO food or drinks with dye that is Red, Blue, or Purple.
- NO Alcoholic beverages
- NO Milk products or smoothies
- NO Juices with pulp
- NO Soup
- NO SOLID FOOD, LIQUID DIET ONLY