



**THE DAY BEFORE YOUR PROCEDURE:**

**ONLY CLEAR LIQUIDS ALL DAY LONG.**

**SOUPS:** Clear bouillon, broth or consommé

**BEVERAGES:** Tea, coffee, decaffeinated tea/coffee, Kool-Aid, Gatorade, Carbonated beverages such as 7-up, Sprite, or Ginger Ale. **DO NOT** put any milk or cream in your tea or coffee.

**JUICES:** Apple, strained lemonade, limeade, orange drink, Crystal Light. Any juice you can see through and has no pulp is acceptable.

**DESSERT:** Water ices, Italian ices, popsicles, Jell-O, hard candy.

**NOTHING WITH RED OR PURPLE COLORING AT ALL**

**At 2:00 PM**

At 2 p.m., take 2 Bisacodyl tablets with water. Do not crush or chew the tablets.

**At 4:00 PM**

Between 4-6 p.m., begin to drink the TriLyte solution as instructed. Drink 8 ounces every 10-20 minutes for a total of eight glasses. Be sure to drink 2 liters or ½ of the container of the solution. (Note: some containers have markings at 1, 2 and 3 liters on the side of the TriLyte container). Drinking with a straw may help with the taste. You need to drink at least eight 8-ounce glasses. You will begin having multiple watery bowel movements, but will still need to drink the remaining prep the day of the procedure as instructed below. Initially, you may feel slightly bloated but will become more comfortable as you continue to have bowel movements. It will take approximately 1-1½ hours to finish the solution. Diarrhea may continue for at least one hour after you finish drinking the solution.

**Tips for drinking solution:**

- Drink the solution fast, rather than sipping.
- Using a straw may help to eliminate salty taste.
- Sucking on a popsicles may also help

\* If drinking rapidly causes stomach upset you can drink the fluid more slowly, but should plan to finish the solution.

**\*Save the Remaining 2 Liters of TriLyte Solution for Use in the a.m.**

**DAY OF PROCEDURE:**

No less than 5 hours before your scheduled procedure:

- Drink the rest of the solution. (another 8 – 8oz glasses)
- You must finish all the solution.
- Nothing to eat or drink after you have finished other than heart or blood pressure medications.