

TRILYTE PREP

Please allow 3 to 4 hours from start to finish. It could be less, but due to unforeseen emergencies, we are not able to give you an exact time. Please bring someone with you to drive you home on the day of your procedure. You will receive medication and will be unable to drive for 24 hours. Your driver CANNOT drop you off. They must be able to stay the entire time you are here. After the doctor completes your test, he will speak to the person with you about his findings and recommendations.

Please get the following from your pharmacy:

***TriLyte** and **Reglan** prescriptions.

*1 bottle of **Magnesium Citrate** which can be purchased over the counter. Please do not purchase RED Magnesium Citrate.

THE DAY BEFORE YOUR PROCEDURE:

1. Begin clear liquids. ***CLEAR LIQUIDS ALLOWED:** bouillon cubes, broth, Jell-O, popsicles, tea, coffee and soft drinks. Only green and yellow are allowed. **DO NOT USE RED, ORANGE or PURPLE. NO SOLID FOOD OR MILK PRODUCTS ALLOWED.**
2. Mix your TriLyte. Add one flavor pack and fill the container with tap water to the top. Refrigerate until ready to use.
3. At 5:30p.m. take 1 (one) Reglan tablet.
4. At 6:00p.m. start drinking the TriLyte solution. Drink 2 liters between 6:00p.m. and 7:15p.m.
5. At 7:30p.m. take 1 (one) Reglan tablet.
6. At 8:00p.m. start drinking the remaining 2 liters until gone.
7. You may experience some nausea and abdominal comfort. This should subside as you continue to have bowel movements.

THE DAY OF YOUR PROCEDURE:

1. At 5:00a.m., drink one bottle of Magnesium Citrate.
2. If you take heart, blood pressure or seizure medications, take these with just a sip of water at 6:00a.m. All other medications should be taken after the procedure.
3. Nothing to eat or drink.

Please notify our office immediately if you are a diabetic or if you take blood thinners such as aspirin, Coumadin or Plavix.

If you have any questions concerning your procedure or preparation for the procedure, please call our scheduling office at 205-663-1023. **IT IS VERY IMPORTANT** that you follow these instructions. The better your bowel is prepared, the better the doctor can visualize your colon.
