



INSTRUCTIONS FOR YOUR BOWEL PREPARATION
With Trilyte

READ CAREFULLY

- Failure to follow these instructions may result in a repeat prep and examination!

**BE SURE TO FOLLOW THE INSTRUCTIONS PROVIDED BELOW!
DO NOT FOLLOW THE INSTRUCTIONS ON THE CONTAINER**

DAY BEFORE EXAM:

- Allowed: Drink only clear liquids for breakfast, lunch, and dinner. Clear liquids include all of the following that are not red or purple in color: Strained fruit juices without pulp, water, clear chicken broth or bouillon, coffee or tea (without milk or creamer), carbonated and non-carbonated soft drinks including 7-up, Sprite, Vernors, Slice, Orange pop or Kool-Aid but NOT Coke or Pepsi!!!
- Not Allowed: Solid foods, milk or milk products, alcoholic beverages, Coke or Pepsi.

In the morning, fill container with water to the full line. AT 3:00PM, begin prep by drinking half the solution – one glass every 10 minutes. AT 7:00PM, continue drinking the remaining half until gone. Remain close to toilet facilities, as multiple bowel movements will occur. If you do not start going with 5 hours, call the doctor-you may have to reschedule.

- YOUR FACILITY WILL CONTACT YOU THE DAY PRIOR WITH ARRIVAL TIME.
- YOU MUST BRING A DRIVER! NO ASPIRIN SEVEN DAYS PRIOR TO PROCEDURE.
- NO IRON SUPPLEMENT OR MULTI-VITAMIN WITH IRON THREE DAYS PRIOR TO PROCEDURE.
- NOTHING TO EAT OR DRINK AFTER MIDNIGHT!

If you have any questions regarding this prep, please call 248-471-8982