

PREPARATION FOR COLONOSCOPY

"The Liquid Prep" (4 Quarts of *TRILYTE*)

DAY BEFORE COLONOSCOPY

(1) For the **entire day before** the colonoscopy, drink only "clear liquids" for breakfast and lunch. Have an *early* clear liquid "dinner." Solid foods, milk or milk products are not allowed.

Examples of the liquids allowed:

- strained fruit juices without pulp (apple, white grape, lemonade, pear, white cranberry)
- water
- clear broth or bouillon
- *black* coffee or tea (without milk or non-dairy creamer)
- Gatorade, Power-Aid, Propel (diabetics may drink G2 or Pedialyte)
- carbonated and non-carbonated soft drinks
- Kool-Aid (or other fruit flavored drinks)
- plain Jello (no color restriction but without added fruits or toppings)
- ice popsicles
- Ensure/Glucerna (even though these are not clear liquids, they don't interfere with end result)

(2) **Prior to 2 P.M.** prepare Trilyte (or its generic equivalent) bowel prep solution (fill the jug with water and add flavor of choice). Put the jug of solution you made in the refrigerator. It generally goes down more easily if chilled.

(3) At **5:00 P. M. BEGIN bowel prep:**

Drink Trilyte at rate of one 8 oz. glass every ten (10) minutes (or faster if you wish) until $\frac{1}{2}$ gallon is gone. Put back in refrigerator.

MORNING OF COLONOSCOPY

(1) At **3:30 A.M. RESUME** drinking the remaining $\frac{1}{2}$ gallon of Trilyte at a rate of 8 oz. every ten (10) minutes (or faster if you wish). *If your colonoscopy is scheduled for 9:00 AM or later, you may wait until 5:30 AM to start drinking the remaining $\frac{1}{2}$ gallon on the morning of your colonoscopy, so long as you finish it by 7:00 A.M.* You are to have nothing to eat or drink after midnight except the Trilyte (or its generic equivalent) bowel prep and medications as stated below.

(2) Take morning medications with a small sip of water one (1) hour after completing bowel prep.

Arrive for the colonoscopy 45 minutes prior to the scheduled procedure time.