

TriLyte Dose Preparation

Purchase the Following Products:

1. **TriLyte (or equivalent)** available from your pharmacy (following mixing instructions provided with product). **Do Not** mix until the day before your procedure.
2. **Two (2) Dulcolax (generic Bisacodyl) 5mg Tablets or Liquid Tablets** available at any pharmacy
3. **One (1) MiraLAX 238-gram bottle or generic equivalent** (to be mixed in the clear liquid choice below prior to drinking)
4. **One (1) Gatorade 64-ounce bottle (NOTHING RED, ORANGE OR PURPLE)**. Sugar-free drinks (G2, Powerade Zero, Propel, Crystal Light or water) are also options.

**A RESPONSIBLE DRIVER MUST REMAIN AT THE FACILITY
THROUGHOUT YOUR APPOINTMENT. NO EXCEPTIONS.**

Please read all instructions thoroughly.

****If you are taking an injectable GLP medication for diabetes or weight loss
you must not take the medication 7 days prior to your procedure.****

****Please do not have nuts, seeds, or corn 3 days before your procedure****

The Day BEFORE Your Exam:

- Mix the TriLyte solution, and refrigerate it.
- **You will be on a clear liquid diet all day. This includes breakfast, lunch and dinner. Clear liquids include** water, sports drinks, black coffee, tea, soda (light or dark), broth, gelatin dessert, ice pops and juice without pulp. **NOTHING RED, ORANGE OR PURPLE.**
- **If you can begin prepping sooner, you may begin at 1PM – 2PM.**
- At **3PM**, take the Dulcolax tablets with water. Do not crush or chew them.
- At **4:30PM**, begin drinking the TriLyte. Drink half of the TriLyte solution in 2 to 3 hours.
- If your bowels are not passing clear or yellow-tinted water after drinking the first half, you will need to drink the remainder of the TriLyte solution.
- A soothing ointment (Desitin, Vaseline) may be applied to the anal area to prevent discomfort and skin breakdown.
- Drink plenty of **CLEAR** liquids throughout the day.
- If you are not passing clear or yellow-tinted water after drinking your prep, please mix an entire bottle of MiraLAX with Gatorade in a separate container. Drink one (1) 8-ounce cup every 15 minutes, totaling 64 ounces (8 cups).
- **If you are not passing clear or yellow-tinted water after drinking your prep, please call (318) 631-9121 or additional recommendations.**
- **If you smoke, please do not smoke the day of your scheduled procedure.**

**Arrive at the Shreveport Endoscopy Center at your scheduled time. It is not necessary to arrive early.
Please call us if you have any questions regarding your preparation.**

The Day of Your Exam:

- **NOTHING BY MOUTH FOR 4 HOURS BEFORE YOU ARRIVE! (This includes water, gum, and mints.)**
NOTHING by mouth; otherwise, your procedure may be canceled due to safety precautions.



Medications:

- Take your regularly scheduled blood pressure, heart and seizure medications with a sip of water at least two (2) hours before you arrive.



Diabetics:

- Test your blood sugar before coming in for your procedure, and bring the reading with you.
- If you take oral medication or insulin, **DO NOT** take it the morning of your procedure.
- Bring your insulin with you.
- Please contact the physician who manages your diabetic care if you have any questions regarding your oral medication or insulin dosages.



Blood Thinners:

- If you are taking blood thinners (such as Coumadin, Warfarin or Plavix), call your prescribing physician, and ask if you may stop taking the medication 3 to 7 days prior to your procedure if you have not received instructions.
- If a biopsy needs to be taken during your procedure and you **HAVE NOT** discontinued for 3 to 7 days, the procedure may have to be repeated.
- You may continue taking aspirin, ibuprofen and other anti-inflammatory medications.



Bring with you:

- **Completed paperwork forms** that were sent to you
- **Photo ID and Insurance Card**
- **List of all medications**, vitamins and supplements you are taking (include dosage, and last date and time each medication was taken before your arrival)
- **Wear a loose-fitting short-sleeve shirt.**

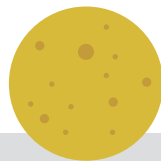
Is Your Bowel Clean?



- Semi-solid stool
- Dark & murky



- Liquid stool
- Small amount of feces



- Liquid stool
- Particles present



- Liquid stool
- Particles present
- Almost ready



- Clear liquid
- READY**



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