

This is for Dr. Sutherland's patients that are scheduled for a colonoscopy before 10 a.m.

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TriLyte Colon Preparation

2 Days before the Exam – Take 1 bottle of Magnesium Citrate (green bottle available over the counter @ any local pharmacy)

Day before the Exam –
CLEAR LIQUIDS FROM THIS POINT ON!

NOTHING BY MOUTH, EXCEPT THE PREP, 6 HOURS PRIOR TO YOUR EXAM!!

In the morning:

Choose one of the flavor packs and add it to the four-liter bottle. Shake well to adequately mix the flavor pack with powder. Add water up to the fill line. Shake well until the powder has dissolved. Add nothing else to the solution. Refrigerate until ready to drink. (keep the solution no more than 48 hours)

In the evening:

Begin drinking the solution between 4 p.m. and 6 p.m. Drink an eight-ounce glass of the solution every 10 minutes. It is recommended that you drink the whole glass rapidly, rather than sip small amounts.

Keep drinking the solution until the bottle is empty. Bowel movements should begin approximately one hour after the first glass of the solution. They will continue for some time after you finish drinking the last glass. Feelings of bloating, abdominal fullness, and nausea are common after the first few glasses of the solution. This is temporary and should subside. Do not eat any solid food. You may drink water or other clear liquids recommended by your physician.

Day of the Exam -

Do not eat any solid foods before the procedure. If you are thirsty, drink a small amount (eight-ounces or less) of water prior to the examination. If you have any questions, talk to your doctor. **You may take your morning meds with a small sip of water**

Tips

Chill it! Put the solution in the refrigerator until you are ready to start drinking it.

Drink the whole glass quickly. Don't sip small amounts.

Drink the solution with a straw.

Make sure you use soft toilet tissue or premoistened bathroom wipes to prevent soreness.

Please Call 815-937-5200 if you have any questions.