

2 Day Trilyte Colonoscopy Prep Instruction

(Golytely, Nulytely, PEG)

****Disregard instructions on the Trilyte package****

Medications that must be stopped FIVE(5) days before the procedure:

Aspirin, Plavix (clopidogrel), Coumadin (warfarin), and Anti-Inflammatory drugs (eg: Motrin, Advil, Naproxen, Celebrex, Ibuprofen, Indocin, Aleve)

Medications that must be stopped THREE(3) days before the procedure:

Xarelto (Rivaroxaban), Pradaxa (Dabigatran), Eliquis (Apixaban), Savaysa (Edoxaban)

Please check with your primary care physician or cardiologist whether you need Lovenox injections while you are off the blood thinner medications

Can be continued: (Tylenol, Percocet, Vicodin, Tramadol (Ultram), Oxycontin, Prednisone, Methadone, Codeine, Morphine, Neurontin, Fentanyl, Lidocaine are OKAY and can be continued.)

2 Days before colonoscopy

FOLLOW 2 DAY DIET

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|-------------|--|
| 8 am | Fill the plastic container with water up to the fill line. Add flavoring agent (Trilyte flavor packet or Crystal Light powder or Tang or Koolaid). Close the cap, shake well, and chill in the refrigerator. |
| 4 pm | Start drinking HALF of the Trilyte solution at your pace, try to finish within 4 hours – if you feel nauseous, stop and rest |
| 5 pm | take 2 Dulcolax (bisacodyl) tablets |
| 7 pm | take 2 Dulcolax (bisacodyl) tablets |

Day before colonoscopy

FOLLOW 2 DAY DIET (CLEAR LIQUIDS DAY 2)

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|-------------|--|
| 2 pm | Start drinking the remaining HALF of the Trilyte solution at your pace, try to finish within 4 hours – if you feel nauseous, stop and rest |
| 5 pm | take 2 Dulcolax (bisacodyl) tablets |
| 6 pm | Take Milk of magnesia 30 ml (2 tablespoons) |
| 7 pm | take 2 Dulcolax (bisacodyl) tablets |
| 9 pm | Take Milk of magnesia 15 ml (one tablespoon) |