

COLONOSCOPY PREPARATION USING TRILYTE® AND DULCOLAX® (*bisacodyl*)

Follow the steps below to make sure that your colon is completely clean before your colonoscopy. Call the office if you have questions.

- Fill the prescription provided by your doctor for *TRILYTE*®. The pharmacist will give you a large, 4 liter plastic jug containing white powder.
- At the pharmacy, purchase two *DULCOLAX*® (*bisacodyl*) 5 mg tablets. No prescription necessary for *DULCOLAX*® (*bisacodyl*).
- One day before your colonoscopy, solid foods, milk or milk products are not allowed. Drink only “clear liquids” for breakfast, lunch and dinner. Please avoid any red or purple colored liquids.

“CLEAR LIQUIDS” include:

- strained fruit juices without pulp (apple, white grape, lemonade)
- water, tea, coffee (without milk or non-dairy creamer)
- clear broth or chicken, beef or vegetable bouillon
- Kool-Aid®, Gatorade®, soda (e.g. Pepsi®, Coke®, 7-UP®) carbonated and non-carbonated soft drinks
- Plain Jell-O® (without added fruits or toppings), Ice Popsicles®
- Boost Breeze® or Enlive!® (nutritional juice drinks with 160 and 300 calories per serving respectively)

Alcohol is not recommended since it may cause dehydration.

On the morning of the day before your colonoscopy, fill the *TRILYTE*® container to the fill line with 4 liters of water and refrigerate.

When to take *DULCOLAX*® (*bisacodyl*) and *TRILYTE*®:-

IF YOUR ARRIVAL TIME IS BEFORE 10 AM:

Take two *DULCOLAX*® (*bisacodyl*) 5 mg tablets at 4 pm on the afternoon before your procedure. 4 to 6 hours later, drink one cup of *TRILYTE*® solution every 10 to 15 minutes until you have finished **at least half** a container of solution. **You must drink at least 2 liters of *TRILYTE*® solution and you must do so over no more than 2 hours.**

IF YOUR ARRIVAL TIME IS AFTER 10 AM:

Take two *DULCOLAX*® (*bisacodyl*) 5 mg tablets at 6 pm on the evening before your colonoscopy. On the day of your colonoscopy, starting at least 4 hours before your arrival time, drink one cup of *TRILYTE*® solution every 10 to 15 minutes until you have finished **at least half** the container of solution. **You must drink at least 2 liters of *TRILYTE*® solution and you must do so over no more than 2 hours.**

TRILYTE® and *DULCOLAX*® (*bisacodyl*) are powerful colon cleansers. Stay near a bathroom after taking.

You may have clear liquids from the list above in any amount up to 3 hours before you arrive for your colonoscopy.

You may not take anything by mouth for three hours before your arrival time.