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MARIN GASTROENTEROLOGY

Colonoscopy Preparation using TRILYTE® and DULCOLAX® *(bisacodyl)*

Follow the steps below to make sure that your colon is completely clean before your colonoscopy. **Please call our 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).
- Please avoid foods containing seeds and whole grains three days prior to your procedure. Foods to avoid include quinoa, whole wheat, pomegranate, sesame, sunflower, poppy seeds, and popcorn.
- 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
- Ensure Clear® (peach only) - a particularly good source of calories and protein which will decrease hunger.
- 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®

On the evening prior to your colonoscopy, 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.** On the morning of your procedure, four hours before your arrival time, drink remaining 2 liters and take 2 DULCOLAX® (bisacodyl) 5mg with the last cup of TriLyte.

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.

IMPORTANT: Do not take *anything* by mouth for three hours before your arrival time.

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