

Paramount Surgery Center, LLC
1003 N Dupont Square Ste 9A
Louisville, KY 40207

TRILYTE PREP

2 Days Prior to Your Colonoscopy

- Purchase 2 32oz bottles of sports drink (gatorade, powerade, etc) if you are diabetic, purchase G2 (low calorie gatorade).
- Do not purchase red, blue, or purple beverages.
- Consume all 64 oz of your sports drink to avoid dehydration while taking your prep medication.

1 Day Prior to Your Colonoscopy

- Clear liquid diet all day.
- In the morning mix the trilyte as directed and place it in the refrigerator.
- At 4 PM drink 2 liters(half) of the trilyte.
- Continue the clear liquid diet all the way up until midnight.

The Day of Your Colonoscopy

- At 4 AM drink 2 liters(half) of the trilyte.
- You must drink all of the prep
- Take your blood pressure, Anxiety, pain, or seizure medication(s) with a tiny sip of water

Once you have completed your bowel prep, your stool should be clear to light yellow

In order for this procedure to be safe and informative, it is extremely important to read and follow your instructions closely. For the doctor to fully visualize your colon it must be clear of any stool. Inadequate preparation limits the value of this procedure. If the colon is poorly prepped, precancerous polyps or cancer could be missed and/or the procedure may need to be rescheduled with a two day prep.

Thank you for your cooperation