

1 GALLON PREP (Trilyte, Gavilyte)

Bowel Prep Instructions for the Day Before Your Procedure

WHAT YOU CAN DRINK

REMEMBER - CLEAR LIQUIDS ALL DAY TODAY ---NO SOLID FOOD	
<input checked="" type="checkbox"/> ALLOWED CLEAR LIQUIDS	<input checked="" type="checkbox"/> <u>NOT</u> ALLOWED LIQUIDS
Strained Chicken, beef or vegetable broth	NO Creamy Soups, No Rice, Egg or Noodle Soup
Black coffee, black tea	No Milk or non-dairy creamer
Carbonated and non-carbonated soft drinks	NO Smoothies, Protein shakes
Gatorade, Pedialyte, PowerAde	No Red or PURPLE Drinks
Kool-Aid or other fruit flavored drinks	No Tomato Juice
Apple juice, white cranberry or grape juice	No Juice with pulp like orange/grapefruit
Jell-O, popsicles	No RED or PURPLE Drinks

BOWEL PREP

The prep's colon prep will cause the body to evacuate the contents of the colon. This causes the body to lose a significant amount of fluid and can result in dehydration.

- It's important that you prepare your body by drinking extra clear liquids before the prep as well as drinking plenty of water to replace what you lose during the prep.
- For best taste, refrigerate the solution for an hour before drinking. Do not freeze. Use within 24 hours.

4 PM- Begin drinking 1st half

1. Mix one quart of warm water with the powder in the bottom of the container.
2. Ensure the powder is dissolved, then add 3 quarts of cool water and refrigerate.
Prep must be consumed within 24 hours after mixing
3. Drink 8 ounces of solution every 15 minutes until the bottle is empty.
If you become nauseated and feel like vomiting, you may take a break from drinking the prep for 30-60 min.

7 PM- Resume drinking 2nd half

1. Resume drinking the remaining half of the solution.
2. Drink 8 ounces every 15-30 minutes until the entire prep is consumed.
If you become nauseated and feel like vomiting, you may take a break from drinking the prep for 30-60 min.

- Remain close to a bathroom. The solution may begin to work as soon as 30 minutes. The prep should continue to work and your stool should become liquid and eventually turn clear yellow like urine.
- Continue to drink clear liquids up until midnight.

YOU WILL BE READY FOR YOUR PROCEDURE WHEN

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| <input checked="" type="checkbox"/> You have read through and followed all instructions. | <input checked="" type="checkbox"/> Your bowel movements are clear yellow fluid, like urine and you can see the bottom of the toilet. |
| <input checked="" type="checkbox"/> You have completed ALL of your prep solution/laxative. | <input checked="" type="checkbox"/> You have arranged and confirmed a ride home with family member or friend. |

Contact your healthcare provider if you develop significant vomiting or signs of dehydration after taking the prep, if you experience cardiac arrhythmias or seizures or have any questions or concerns.

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