

# La Jolla Endoscopy Center

David M. Roseman, M.D.  
H. Jürgen Lenz, M.D., Ph.D.  
Edward C. Paredes, M.D.  
Andrew G. Mayer, M.D.

## Trilyte Bowel Prep

Appointment Date: \_\_\_\_\_ Check in Time: \_\_\_\_\_

### Location:

La Jolla Endoscopy Center  
9850 Genesee Ave. # 980  
La Jolla, CA 92037

### Five Days Before the procedure

- STOP all Aspirin, arthritic meds and pain meds (Other than Tylenol)

### One Day Before the procedure

- You will be on a clear liquid diet. This includes water, clear fruit juices (apple, cranberry, grape), tea, coffee, popsicles and Jell-O® (No Red or Orange). **NO SOLIDS, MILK OR DAIRY PRODUCTS.** Please note, the more liquids you consume, the easier the prep will be.
- At 1:00 pm, fill the container with water to the fill line, add a flavor pack, then cap the bottle, and shake to dissolve. Put it in the refrigerator, it will taste better cold.
- At 3:00 pm, start drinking the solution. **Drink an 8 oz glass, every 10-15 minutes** until half the jug (2-Liters) is consumed (drinking with a straw helps).
- At 6:00 pm, begin drinking the rest of liquid. **Drink 8 ounces every 10-15 minutes, until it is finished.**
- It may take about an hour to begin to notice the diarrhea effect. You may notice some bloating or cramping at the beginning of the prep, but this usually improves once the diarrhea begins. Occasionally, some people may develop nausea with vomiting. The best remedy for this is to take a break from the Trilyte for about an hour to allow it to move downstream and then to resume drinking at a slower rate. It usually takes two hours to complete the entire amount, and diarrhea generally continues for about an hour or two after completing. Many have found that drinking the prep through a straw and chilling the solution improves tolerance.
- You may continue to drink clear liquids until midnight.

### Day of Procedure

- Small amounts of clear liquids may be permitted up until 2-hours prior to the procedure.
- If you take medication, you may have it the morning of the procedure with a small amount of water. This means **NO MORE** than a few **SMALL** sips of water. **Please take your heart and high blood pressure medications.** You may brush your teeth.
- Bring your driver's license, insurance cards, and medications (or medication list) to the office.
- You cannot drive on the day of the procedure. Please have someone accompany you to take you home.

Physician charges are separate from facility charges. Any payments made at the time of your service will be applied to the facility fee only and you will receive a separate bill from the physician. If biopsies are taken, you will receive an additional bill from the laboratory.