

## **TRILYTE (with Flavor Packs)**

### ***PURCHASE AT PHARMACY:***

4 liter container of Trilyte + Flavor Packs, Reglan (Metoclopramide) 10mg #2 tablets, 2 Dulcolax Tablets.

### ***ONE (1) DAY BEFORE PROCEDURE***

1. CLEAR LIQUID DIET ONLY
2. 12:00 Noon take 2 Dulcolax tablets
3. **4:30pm** - Take Reglan 10mg tablet (to reduce nausea)
4. **6:00pm** - Drink 8 oz. of Laxative (Trilyte) every 10-15 minutes till completed.

*(Hint: Keep product chilled in fridge - do NOT add ice to liquid)*

5. Reglan 10mg - take 2nd tablet 3-4 hours after 1st one for nausea or bloated feeling if necessary.
6. Okay to ingest clear liquids after laxative is completed.

### ***DAY OF PROCEDURE:***

1. No solid food until after the procedure.
2.  NPO (Nothing by mouth after midnight)  
or  
 Clear Liquid Diet until 3 - 4 hours before test.
3. Take AM medications with sufficient liquid. Postpone insulin injections until after the procedure.