

# LEO TREYZON, M.D., INC.

CEDARS-SINAI MEDICAL OFFICE TOWERS  
8631 W. THIRD ST., SUITE 1015-East  
LOS ANGELES, CALIFORNIA 90048  
PHONE 310-652-4472  
FAX 310-358-2266

GASTROENTEROLOGY AND HEPATOLOGY

## TriLyte Bowel Prep for your Colonoscopy

Patient: \_\_\_\_\_ is scheduled for: Colonoscopy / Endoscopy

Date: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

On the morning/afternoon of the procedure, go to:

Speciality Surgical Center, 8670 Wilshire Blvd, Suite 300, Beverly Hills, Ca 90211  
(310) 275-1646

\*\*\*\*If you take Insulin, you will have to reduce your insulin dosage by 1/2 the evening prior to your procedure\*\*\*\*

**Preparation the day before your Procedure:**

**In the morning:**

- Choose one of the flavor packs and add it to the four-liter bottle. Shake well to adequately mix the flavor pack with the powder.
- Add water to the fill line and shake well until the powder has dissolved.
- Refrigerate until ready to drink. (It does not need to be refrigerated, but it tastes better if it is).
- If you are taking other medications, ask your doctor if you need to adjust your dosing schedule.
- **DO NOT EAT ANY SOLID FOODS TODAY.**

**In the evening:**

- Take the two (2) Bisacodyl Tablets that came with your bowel prep. DO NOT CHEW or CRUSH the tablets.
- Begin drinking the solution between 4 p.m. and 6 p.m. Drink an 8 ounce glass of the solution every 10 minutes. It is recommended that you drink the whole glass rapidly rather than sip small amounts.
- Keep drinking the solution every 10 minutes until the bottle is empty. Dr Treyzon would prefer that you drink ALL FOUR LITERS OF THE SOLUTION However, if after drinking 3 liters, your bowel movements are repeatedly clear you may stop drinking the solution.
- Bowel movements should begin approximately one hour after the first glass of the solution. They will continue for several hours after you finish drinking the last glass. It sometimes takes up to 6 hrs to have movement.
- A feeling of bloating, abdominal fullness and nausea are common after the first glasses of the solution. This is temporary and should subside once bowel movements begin.
- Do not eat any solid foods. You must continue to drink water or other clear liquids.
- **NOTHING TO EAT OR DRINK AFTER MIDNIGHT**

**\*\*\*If your procedure is scheduled BEFORE 12:00 p.m., DO NOT drink any liquids after midnight.**  
**If your procedure is scheduled AFTER 12:00 p.m., you may have a small amount of liquid before 8:00 a.m. the morning of the procedure.**

**IMPORTANT:** CALIFORNIA LAW PROHIBITS THE FACILITY FROM DISCHARGING YOU TO PUBLIC TRANSPORTATION OR TO YOURSELF AFTER YOUR PROCEDURE.  
**PLEASE MAKE SURE YOU HAVE SOMEONE WHO CAN PICK YOU UP.**  
**YOUR PROCEDURE WILL BE CANCELLED IF YOU DO NOT HAVE A RIDE HOME.**