



## **TriLyte/GoLyte**

Consume a clear liquid diet 1 day before your procedure.

No solid food, dairy products, or red, blue or purple dyes.

The Day Before:

- NOON:
  - Add water (OR any clear liquid) to the bottle to the fill line, shake well and place it in the refrigerator.
  - Take 4 of the laxatives that come with your kit with 8 ounces of clear liquid.
  
- 6:00 PM:
  - Start drinking the solution
    - 8 ounces every 15-30 minutes until you have consumed all of the bowel prep
    - Nothing to eat or drink after midnight

Contact our office if you have any questions: 501-513-2628