



## Trilyte Split Dose

**Before starting your prep make sure you have the following items:**

- 1** bottle of magnesium citrate-10oz. (sold over the counter)
  - 1** gallon of trilyte- prescription provided by office
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- 1.** On the day before your procedure please maintain a liquid diet **example:** coffee, tea, fruit juices, sodas, chicken\beef broth, Gatorades, jellos, and popsicles!
  - 2.** Do not drink any liquids with **RED/PURPLE** color to them and **NO DAIRY PRODUCTS!**
  - 3.** Please stay on this liquid diet from the time you wake all the way till midnight.
  - 4.** Please drink the bottle of magnesium citrate @ 9am on the day before your procedure.
  - 5.** Then drink half of the gallon solution (trilyte) @4pm on the day before your procedure. One 8oz. cup every 15 min. until ½ empty! **(A total of 8 cups over 2 hours.)**
  - 6.** Then repeat @8pm day before your procedure. **(A total of 8 cups over 2 hours).**