

Split NuLytey, GoLytey, TriLyte PEG-3350

This product is a prescription medicine called a bowel preparation. It works very quickly. The average time until the first bowel movement is within one hour of drinking the solution. *You will use the bowel preparation the day before your test. It is very important for you to FOLLOW ALL OF THE STEPS COMPLETELY or your doctor may not be able to complete the exam.*

- You will need to purchase one 10-ounce bottle of magnesium citrate.
- 5-days before the exam: avoid nuts, seeds, corn, popcorn or skins of raw fruit or vegetables. Also stop iron supplements 5 days prior. (Multivitamin with iron may be continued)
- The day before the exam, you may have **CLEAR LIQUIDS ONLY**. No milk, cream or solid food are allowed

What's considered a "clear liquid"?

A clear liquid is any beverage you can see through. Please avoid red or purple colored liquids. Sugar, sweetener and lemon are allowed. No cream, milk or pulpy juices (orange juice) are permitted.

fruit juices	popsicle	Powerade	water	Pedialyte
bouillon	Gatorade	coffee	7-Up, Sprite	Kool-aid®
tea, iced tea	lemonade	broth(beef, chicken)	Jell-O (no fruit)	Soda pop

To help prevent dehydration, it is important to drink plenty of clear liquids before, during, and after the colon-prep process.

We recommend that you have at least 20 oz of Gatorade while preparing for your exam.

You are not permitted to have alcoholic beverages 24 hours before or after the procedure.

At 5 PM the day before your exam

Drink one 10-oz. bottle of Magnesium Citrate. You will need to purchase this from the pharmacy or grocery store.

Next, mix the solution. Add lukewarm drinking water to the top of the line on the bottle. Cap the bottle and shake to dissolve the powder. Use within 48 hours. You may add Crystal Light flavored drink mix to the solution. **DO NOT USE ANY PRODUCTS WITH REAL SUGAR TO FLAVOR THE SOLUTION.**



Step 1: STARTING AT 7 PM- DRINK 2/3 OF THE SOLUTION

Drink 1 (8-oz) glass every 10 minutes (about 12 glasses) until two-thirds of the solution is gone. Drink each glass quickly rather than drinking small amounts continuously. A watery bowel movement should begin in approximately 1 hour. **If you feel nauseous or you vomit stop drinking for one hour and then begin again.** Store the solution in the refrigerator.



STEP 2: STARTING AT _____ DRINK THE REMAINING SOLUTION

Drink 1 (8-oz.) glass every 15 minutes (about 4 glasses) until the remainder of the solution is gone. Drink each glass quickly. You may still have a watery bowel movement a few hours after drinking the solution. Maintain strict fasting after the last glass is consumed.

Fasting Time _____ **AM PM**

Arrival Time _____ **AM PM**

Procedure Time _____ **AM PM**

Of course, you must follow a special diet to prepare for a GI procedure but, in addition to that, we ask you to fast the day of the procedure. **Fasting means that you are to have nothing to eat or drink — no gum, candy, mints, chewing tobacco, not even water after a specified time.** This is necessary due to the sedation, or anesthesia, that will be used during your test. While you are sedated, or sleeping, fluid from your stomach may be aspirated, or move into your lungs. This can be very dangerous causing pneumonia, infection, and in rare instances, can be fatal. Fasting properly will lessen this risk and help prevent complications.

The morning of the procedure take your Heart, breathing, seizure and blood pressure medications with a few sips of water.