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GASTROENTEROLOGY
ASSOCIATES



VGA
center for
Obesity Medicine

Split NuLytely, GoLytely, 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

The day before the exam you may have **clear liquids only**.

DO NOT HAVE ANY SOLID FOOD, CREAM OR MILK PRODUCTS UNTIL AFTER THE EXAM.

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. 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 during the preparation period.

Clear Liquid Examples

| | | | | | | |
|--------------|----------|----------|--------|-------------------|-----------------------|---------------|
| Fruit Juices | Popsicle | Powerade | Water | Pedialyte | Kool-aid® | Tea, iced tea |
| 7-Up, Sprite | Bouillon | Gatorade | Coffee | Jell-O (no fruit) | Broth (beef, chicken) | Lemonade |
| Soda pop | | | | | | |

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

Stop drinking all liquids (including prep) at least 4 hours before your colonoscopy.

The Evening Before the Exam

Step 1: At 5 PM

Drink one 10-oz. bottle Magnesium Citrate. You will need to purchase 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 PRODUCTS WITH REAL SUGAR TO FLAVOR THE SOLUTION.**

Step 2: Starting at 7PM, 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 vomit stop drinking for one hour and then begin again. Store the solution in the refrigerator.

Step 3: 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.



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Day of Exam

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 completely fast four hours prior to procedure. Fasting means that you are to have nothing to eat or drink — no gum, candy, mints, chewing tobacco not even water. 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.