

NuLytey, GoLytey, TriLyte PEG-3350

PM appointment

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. You do not need a prescription for this product.
- 5-days before the exam: avoid nuts, seeds, corn and popcorn.
- The day before the exam, you may have clear liquids only. Do not have any milk, cream or solid food 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.

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 may not have any alcoholic beverages 24 hours before or after the procedure.

Step 1: AT 5 PM MIX SOLUTION (the day before your exam)

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



Steps 2: AT 5 PM DRINK ONE BOTTLE OF MAGNESIUM CITRATE

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



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

Drink 1 (8-oz.) glass every 10 minutes (about 8 glasses) until half 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 4: STARTING AT 6 AM DRINK THE REMAINING SOLUTION

Drink 1 (8-oz.) glass every 10 minutes (about 8 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.



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.

You must take your heart, breathing and blood pressure medications.

Take any required medications BEFORE 6:00 am with as little water as possible.