

NuLyteLy, GoLyteLy, TriLyte (PEG-3350 and electrolytes for oral solution)

This product is a prescription medicine called a bowel preparation. It works very quickly—the average time to first bowel movement is within 1 hour of drinking solution. You will *use the bowel preparation the day before your test*. *It is very important for you to FOLLOW ALL THE STEPS COMPLETELY or your doctor may not be able to complete the exam.*

FIVE DAYS BEFORE YOUR EXAM DO NOT EAT NUTS, SEEDS, POPCORN OR CORN.

The day before the exam you may have clear liquids only. **DO NOT HAVE ANY SOLID FOOD, CREAM OR MILK PRODUCTS THE DAY BEFORE THE EXAM.**

Step 1: At 2 PM the day before your exam Drink one 10 oz. bottle of Magnesium Citrate.



Step 2: MIX SOLUTION

Add lukewarm drinking water to top of line on 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 3: DRINK ALL THE SOLUTION

Drink 1 (8 oz) glass every 10 minutes (about 16 glasses). Drink each glass quickly rather than drinking small amounts continuously. A watery bowel movement should begin in approximately 1 hour. **Be sure to drink ALL the solution. If you feel nauseous or you vomit stop drinking for one hour and then begin again.** You will still have loose bowel movements for about 1 to 2 hours after you finish drinking the solution.



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 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)		

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.**

If your ARRIVAL time is before NOON, you must have nothing to eat or drink after midnight.
If your ARRIVAL time is after NOON you may have clear liquids until 8am on the day of your exam.
You must take your Heart, breathing and blood pressure medications with a few sips of water.