

PEG / MAG CITRATE

NuLytely, Colyte, GoLytely, TriLyte

This exam requires careful preparation!

Read through these instructions carefully at least 7 days prior to your procedure.
Call office at 601-355-1234 with questions.

A WEEK BEFORE your procedure, you will need to:

- Purchase 2 (10-ounce) bottles of Magnesium Citrate (clear in color).
- Purchase Simethicone (Gas-X), 125 mg – 6 tablets.
- Pick up your PEG bowel preparation (NuLytely, Colyte, GoLytely, TriLyte) from the pharmacy.
- Purchase items for low-residue/low-fat diet and clear liquids (see additional sheet for details).
- Five (5) days before your scheduled procedure, stop taking all iron supplements.

You are taking

. You should take the last dose on

Additional Medication

Instructions:

FOUR DAYS BEFORE your procedure, start a low-residue diet (guidelines included).

- Stop eating seeds, popcorn, nuts, corn, whole grains, salads, and other forms of roughage or fiber.

THREE DAYS BEFORE your procedure

6:00 PM: **Take 1 bottle (10 ounces) of Magnesium Citrate** and then drink 8 ounces of water.

After this, start a clear liquid diet. DO NOT eat any solid or soft foods or dairy until your procedure is completed.

- Clear liquids include water, clear juice, black coffee, tea, broth, Jello, soft drinks, and popsicles (nothing red, no dairy products, no orange juice, no alcohol). Drink all the clear liquids you want. **Stay hydrated.**

Please follow these instructions for the prep, NOT the instructions listed on or included in the prep box.

TWO DAYS BEFORE your procedure, continue a clear liquid diet. No solid food or dairy.

6:00 PM: **1) Take 1 bottle (10 ounces) of Magnesium Citrate** and then drink 8 ounces of water.

2) Mix prep solution with 1 gallon of lukewarm water and place in the refrigerator overnight.

ONE DAY BEFORE your procedure, continue a clear liquid diet. No solid food or dairy.

Dose 1: Anytime between 4:00pm and 6:00pm.

Step 1: **Drink** the first half of the prep solution. Drink one 8-ounce glass every 10-15 minutes over 1-2 hours until the first half of the solution is gone. You may flavor the solution with any non-red flavor enhancer if desired. Put the remaining solution back in the refrigerator.

Step 2: **Take** 3 Simethicone tablets with the last cup of prep solution or with other clear liquid. You may continue to have clear liquids tonight.

***** Note: If you take Lovenox, do not take your evening dose or your dose on the morning of your procedure. *****

THE DAY of your procedure

Dose 2: If your arrival time is before 11:00AM, take the second dose of your prep at 10:00 PM the night before your procedure. If your arrival time is 11:00 AM or later, take the second dose of your prep 4 to 6 hours before your arrival time. Timing is essential. You may need to start in the middle of the night.

Step 1: **Drink** the remaining half of the prep solution. Drink one 8-ounce glass every 10-15 minutes until solution is gone.

Step 2: **Take** 3 Simethicone tablets with the last cup of prep solution or with other clear liquid.

You may continue to have clear liquids until 3 hours before arriving and then **NOTHING** to EAT or DRINK!

- **Take** blood pressure, heart, and seizure medication(s) at least 3 hours before your arrival time.
- **Use** respiratory inhalers, as directed, on the day of your procedure and bring inhaler(s) with you.
- **DO NOT take** your diabetic medications (pills and/or insulin). If on an insulin pump, continue just basal rate.
- **Bring** your medication list with dose and strength, insurance card(s), and identification or driver's license.
- **DO NOT** wear jewelry/watch or bring valuables. We are not responsible for broken or lost items.

(3 hours before arriving) **NOTHING** to EAT or DRINK! NOT EVEN A SIP OF WATER!

