

PREPARATION #2 (Constipation/History of poor Prep)

2 Day Prep/ with Split Dosing Trilyte/Colyte//GoLytely/NuLytely.

2 Days prior to your procedure

- 1) **Drink only clear liquids the entire day (including breakfast).** Clear liquids include water, bouillon, apple juice, white grape juice, pulp free lemonade, sprite, ginger-ale, coffee or tea-without milk or non-dairy creamers, ice tea, Gatorade, plain Jell-O (no added fruit or toppings, no red, purple or blue Jell-O).
NO SOLID FOOD all day.
- 2) **Drink 1 bottle of magnesium citrate (10 oz) during the day. Do not take this if you have known kidney disease.** This is available at all major pharmacies over the counter. Take as a single dose with 8 oz of fluid.

On Day prior to your procedure

- 1) **Continue to Drink only clear liquids the entire day (including breakfast). Do not eat solid foods all day.** No orange juice, tomato juice, grapefruit juice, prune juice or milk products.
- 2) Prepare Bowel Preparation (script provided) according to instructions on bottle. You may refrigerate it. Do not freeze preparation. You may add “Crystal Light” powdered lemonade (as an alternative to the flavor packets) to the solution to improve its taste.
- 3) Begin drinking preparation between 6pm and 7pm. Drink an 8 oz glass of preparation every 15 minutes **until you drink half the bottle.** If nausea is present, you may extend the interval to every 20 minutes.
- 4) Bowel movement should begin 1-2 hours after beginning the preparation and will continue for several hours. Bloating, abdominal fullness and nausea are common initially and will improve once bowel movements begin.
- 5) **No eating or drinking anything other than the remaining preparation after midnight until your procedure time.**

2nd Dose/Completing Preparation

- 6) **Starting 5-6 hours before your procedure time start drinking the second half of the preparation, an 8 oz glass every 15 minutes until the bottle is completed.** Please complete the preparation even if it appears that bowel movements have already cleared.
- 7) **You must complete the preparation at least 3 hours before you must leave for the procedure.** No other food/liquids during this period. No gum or hard candy.