

What to do the day before your colonoscopy

DO NOT eat food or drink milk on the day of the prep (drink clear liquids only).

DO NOT TAKE THE PILLS IN THE PREP

You will need to buy one 10oz bottle of over the counter clear liquid Magnesium Citrate to take in place of the pills.

(Even if the kit does not include any pills, you will still need to buy the Magnesium Citrate. Do NOT get any Magnesium Citrate that is colored. Yellow or no color at all is what you need.)



STEP 1. MIX SOLUTION

- Add lukewarm drinking water to top of line on bottle.
- Cap bottle and shake to dissolve the powder.
- The reconstituted solution will be clear and colorless and may be refrigerated. Use within 48 hours.

STEP 2. DRINK MAGNESIUM CITRATE

- You may mix it with any clear liquid.
- This needs to be taken 2 hours before starting the gallon of solution. You may drink the magnesium citrate between 2 and 4 p.m.

STEP 3. WAIT FOR 2 HOURS

- Begin drinking the solution between 4 and 6 p.m.

STEP 4. DRINK ALL THE SOLUTION

- Drink 1 (8 oz) glass every 10 minutes (about 8 glasses). Drink each glass quickly rather than drinking small amounts continuously.
- Be sure to drink ALL of the solution.

Note: Do not take any other medications within 1 hour of starting to drink the solution.

Please read the full prescribing information provided by your doctor.

TriLyte[®] with
flavor packs
BowelPrepKit

PEG-3350, sodium chloride, sodium bicarbonate and potassium chloride for oral solution

These instructions may also be used with Nulytely or Golytely bowel prep kit.