



2 Day Trilyte / NuLyte/ GoLyte Split Dose Prep Instructions

What You Will Need:

- 10oz bottle of Magnesium Citrate (available over the counter at pharmacy)
- Your filled prescription of Trilyte/NuLyte/GoLyte

Two Days Before the Procedure:

- At 6pm, drink the bottle of Magnesium Citrate followed by 8 oz. of water

The Day Before the Procedure:

- You may have the **LOW FIBER BREAKFAST** described on Page 1 of the Colonoscopy Information sheet. Finish eating by 9 a.m.
- After breakfast, begin clear liquid diet. Refer to the **CLEAR LIQUID DIET** instructions page for details and list of allowed liquids.
- Sometime in the afternoon begin to prepare the prep solution.
- Add one flavor packet (note the GoLyte does NOT have a flavor packet) and fill the container with tap water to the top, Refrigerate until ready to use. The prep must be totally consumed within 24 hours of mixing it.
- At 6:00 PM begin drinking the prep solution. Drink 2 Liters of the prep solution between 6:00 PM and 8:00 PM. If you experience nausea, slow down your intake of the prep solution.

After Midnight on the Day of the Procedure:

- Nothing to eat or drink except for the prep solution.
- **5 HOURS BEFORE YOUR PROCEDURE ARRIVAL TIME** begin drinking the remaining 2 Liters of prep solution. If you experience nausea, slow down your intake of the prep solutions. You must finish drinking the prep solution **at least 3 HOURS PRIOR TO YOUR PROCEDURE ARRIVAL TIME.**
- If you normally take medication for blood pressure, seizures, pain, anxiety or breathing problems in the morning, take these with a sip of water just before leaving the house.