Gastroenterology Associates of Rochester, LLP
2440 Ridgeway Avenue, Rochester NY 14626

Colonoscopy

Polyethylene Glycol with Magnesium Citrate Preparation Instructions

READ IMMEDIATELY

From a pharmacy purchase **one (1)** 10oz bottle of M**agnesium Citrate** and your **Polyethylene Glycol** prescription. This may be *Colyte, GaviLyte, Golytely* or *Nulytely*.

Four (4) days prior to your procedure **avoid**: salads, raw fruits, nuts, raw vegetables and seeds.

If you are a **DIABETIC** or on **blood thinners** (e.g. Coumadin, Plavix), contact our office for specific instructions. If you take aspirin, you may continue to take it. **Stop iron supplements** at least 5 days before the procedure. Take all other medications as usual, including *blood pressure* medications.

DAY BEFORE PROCEDURE

CLEAR LIQUIDS ONLY! No solid food is allowed until after your procedure is completed. You may take your medications. Examples of clear liquids: water, carbonated beverages, strained fruit juices, coffee, tea, broth, bouillon, gelatin. **Nothing red in color.** No milk products, alcoholic beverages, hard candy or gum.

At **3:00 pm** drink the 10oz bottle of Magnesium Citrate.

Mix solution as directed on the Polyethylene Glycol bottle. Refrigerate.

At **5:00 pm** begin drinking 8oz of the solution every 30 minutes until the bottle is ½ empty. Drink each glass rapidly to ensure effective results. It may take a few hours before your first bowel movement. Every patient is different. The time of first bowel movement will vary.

Drink an additional six (6) 8oz glasses of clear liquids prior to the start of the second half of the Polyethylene Glycol solution.

DAY OF PROCEDURE

Five (5) to Six (6) hours *prior* to your scheduled procedure drink the remaining ½ bottle of the solution and then nothing more to eat or drink before your procedure. This step must be completed **4 hours** before your scheduled exam.

> **If you feel nauseous or bloated, you may stop drinking the solution, drink some clear broth or tea, and wait for the feeling to pass, begin drinking the solution again. YOU MUST DRINK THE WHOLE BOTTLE!!**

***** Any questions please call (585) 720-1550. *****   **Rev 06/19/19**