



DR INGLE INSTRUCTIONS **2 DAY MAGNESIUM CITRATE AND NULYTELY**

PLEASE PURCHASE OVER THE COUNTER

- One package of colorless, sugar-free "Halls" brand menthol cough drops
- (4) 125mg or 500mg tablets of OTC GasX
- Two bottles of Magnesium Citrate (colorless or without dark dyes)

7 DAYS BEFORE THE PROCEDURE

- **STOP** taking iron containing products, such as a multivitamin with iron.
- **STOP** eating foods with seeds or nuts, popcorn, etc.

5 DAYS BEFORE THE PROCEDURE

- **STOP** taking herbal supplements, such as ginger/garlic pills, ginseng, ginkgo, etc.
- **STOP** taking any non-steroidal, anti-inflammatory medication such as Ibuprofen, Motrin, Advil, Naproxen, Aleve, etc. You may continue to take Tylenol.
- Please check with the prescribing physician if on any blood thinners.
- If you are unsure about the medications you are taking, please call your prescribing Doctor's office for clarification.

2 DAY BEFORE THE PROCEDURE

- **STOP ALL SOLID FOODS.** Begin clear liquid diet. Please see clear liquid guidelines.
- **At 6:00pm: Drink 2 bottles of Magnesium Citrate. (No red, blue, purple or orange)**
- You may only have clear liquids thereafter.

1 DAY BEFORE THE PROCEDURE

- **STOP ALL SOLID FOODS.** You may have only clear liquids starting when you get out of bed in the morning. Please see clear liquid guidelines.
- Mix the PEG 3350/Golytely/Nulytely according to the directions on the following page.
- **5:00PM: FOLLOW THE SPLIT DOSE DIRECTIONS (SEE NEXT PAGE)**
This solution will cause diarrhea. Your stool should continue to become lighter until it is yellow/clear in color. While drinking the prep, please use the clear, sugar-free, menthol cough drops as needed to prevent vomiting. If you do vomit, try slowing your consumption rate. If your vomiting is excessive or you feel you may need to cancel your procedure, please contact our office immediately for further instructions.

THE DAY OF THE PROCEDURE

- Please take (4) 125mg or 500mg Tablet of OTC GasX prior to starting second dose of prep.
- The clear liquid diet may be continued until the second dose of your prep is started. Then, **nothing by mouth** until after your procedure.
- Only blood pressure and heart medications may be taken the morning of the procedure with the smallest amount of water possible. Hold other medications, unless specified by your Doctor.

**2841 Debarr Road
Building A, Suite 50
Anchorage, AK 99508
Phone: (907) 276-2811**

Updated 12/23/2019



SPLIT DOSE INSTRUCTIONS

PEG 3350/GOLYTELY/NULYTELY is available in a 4-liter bottle or powder packet (for reconstitution to 1 gallon). This product can be used with or without the flavor pack that comes with the bottle.

PREPARE:

Using Powder Packet:

- If adding flavor, tear open flavor pack and pour contents into the bottle **BEFORE** reconstitution. Discard unused flavor packs.
- Add lukewarm drinking **water** to top line on bottle. Cap the bottle and shake to dissolve the powder. The mixed solution will be clear and colorless. Do not add anything else to the solution.
- Separate solution into 2 equal amounts (2 liters each) for split dosing. Solution should be used within 48 hours.
- Place containers with the solution in the refrigerator.

Using (4) Liter Bottle:

- Do not refrigerate.
- Do not add anything to the solution.
- Separate solution into 2 equal amounts for split dosing.

Complete:

DOSE 1 – BEGIN DRINKING AT 5:00PM THE NIGHT BEFORE THE PROCEDURE

- Drink 1 (8oz) glass every 10 – 15 minutes.
- Rapid drinking of each portion is better than drinking small amounts continuously.
- Drink the entire amount. (2 liters) Your stool should be yellow/clear in color.

DOSE 2 – BEGIN DRINKING 4 - 5 HOURS PRIOR TO THE PROCEDURE

- Continue to drink 1 (8oz) glass every 10 – 15 minutes.
- Drink the entire amount. (2 liters)
- Your stool should be yellow/clear in color.
- Once complete, nothing to eat or drink until after your procedure is finished.

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CLEAR LIQUID GUIDELINES

START LIQUID DIET 1 DAY BEFORE YOUR PROCEDURE

BLACK COFFEE, HOT OR ICED TEA

(NO ESPRESSO, CREAM OR DAIRY)

7-UP, SPRITE, GINGER ALE

APPLE JUICE OR WHITE GRAPE JUICE

CHICKEN OR BEEF BROTH – NO CREAM OR DAIRY SOUPS

JELLO – LEMON OR LIME ONLY

POPSICLES – LEMON OR LIME ONLY

GATORADE – LEMON OR LIME OR CLEAR ONLY

WATER

ANYTHING YOU CAN SEE THROUGH SHOULD BE OKAY, AS LONG AS IT HAS NO PARTICLES. IF YOU ARE UNSURE OF SOMETHING, PLEASE FOLLOW THE ABOVE GUIDELINES OR CALL OUT OFFICE WITH QUESTIONS. MONDAY-FRIDAY 8AM-5PM (907) 276-2811

NO SOLID FOOD. NO DAIRY. NO ALCOHOL. NOTHING BLUE, PURPLE, RED OR ORANGE COLORED.

You are required to arrange a driver for your procedure. You should not work, drive or make any major decisions for up to 12 hrs after your procedure. For your safety, you cannot be released to a taxicab. To avoid cancellation, please ensure you have a reliable driver arranged prior to your procedure date.

FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN CANCELLATION OF YOUR PROCEDURE AS WELL AS A \$250.00 FEE.

Thank you for affording us the opportunity to provide you with our healthcare services.

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