

**YOUR BOWEL PREP IS EXTREMELY IMPORTANT!**  
**PLEASE READ INSTRUCTIONS CAREFULLY**

**Prep: CoLyte - 3 Day with Magnesium Citrate**

<p>1 Week Before</p>	<ul style="list-style-type: none"> <li>❑ <b>Purchase</b> the following: <ul style="list-style-type: none"> <li>○ <b>Two</b> CoLyte Bowel preps – Pick up from your pharmacy.</li> <li>○ GasX or simethicone gas relief over the counter. You will only need 6 of these. These help decrease bubbles in your colon.</li> <li>○ 10-ounce bottle of GREEN or CLEAR magnesium citrate (over the counter laxative). <b>NO RED OR PURPLE.</b></li> <li>○ Clear liquids – Refer to clear liquid diet handout.</li> </ul> </li> <li>❑ <b>Plan for a driver:</b> Plan for someone to drive you home or escort you if taking alternate modes of transportation. You will be sedated for your procedure. You should not drive again until the morning after your procedure.</li> <li>❑ <b>Stop eating</b> any visible seeds, nuts or whole grains. You can still eat fruits and vegetables if you remove the seeds from them. Please do not take any oil-based vitamins (A, D, E or K, fish oil, etc.) or supplements for a full 7 days before your procedure. While we may not cancel your procedure if you have accidentally consumed them the week before your procedure, it may impact the quality of your prep.</li> <li>❑ If you are <b>diabetic</b> and/or taking <b>prescription blood thinning medication</b>, refer to handout. If you did not receive this handout, contact our office.</li> </ul>
<p>3 Days Before</p>	<ul style="list-style-type: none"> <li>❑ <b>Start clear liquid diet</b> from the time you wake up. See clear liquid diet handout.</li> </ul>
<p>2 Days Before</p>	<ul style="list-style-type: none"> <li>❑ <b>Continue clear liquid diet</b> from the time you wake up.</li> <li>❑ <b>In the morning:</b> Fill first CoLyte container to the line with tap water, mix until completely dissolved and refrigerate so it will be cold by evening.</li> <li>❑ <b>At 6:00 pm:</b> Drink the 10-ounce bottle of magnesium citrate. Drink over 15 minutes to reduce nausea.</li> <li>❑ <b>At 7:00 pm:</b> <ul style="list-style-type: none"> <li>○ Drink one entire CoLyte mixture (128 oz) over 3-5 hours. (About 8 oz every 15 minutes).</li> <li>○ <b>Take 2 GasX pills.</b></li> </ul> </li> </ul>
<p>1 Day Before</p>	<ul style="list-style-type: none"> <li>❑ <b>Continue clear liquid diet</b> from the time you wake up.</li> <li>❑ <b>In the morning:</b> Fill second CoLyte container to the line with tap water, mix until completely dissolved and refrigerate so it will be cold by evening.</li> <li>❑ <b>At 6:00 pm:</b> <ul style="list-style-type: none"> <li>○ Drink half of the CoLyte mixture (64 oz) over 2 hours. (About 8 oz every 15 minutes).</li> <li>○ <b>Take 2 GasX pills.</b></li> </ul> </li> </ul>
<p>Procedure Day</p>	<ul style="list-style-type: none"> <li>❑ <b>Continue clear liquid diet</b> from the time you wake up.</li> <li>❑ <b>7 HOURS PRIOR to your procedure:</b> <ul style="list-style-type: none"> <li>○ Drink the remaining half of the CoLyte mixture (64 ounces) over the next 2 hours. (About 8 oz every 15 minutes).</li> <li>○ <b>Take 2 GasX pills.</b></li> </ul> </li> <li>❑ <b>6 HOURS PRIOR to your procedure:</b> <ul style="list-style-type: none"> <li>○ <b>Stop all use of cigarettes, e-cigarettes, chewing tobacco and marijuana.</b></li> </ul> </li> <li>❑ <b>5 HOURS PRIOR to your procedure:</b> <ul style="list-style-type: none"> <li>○ Drink 3 more 8-ounce glasses of clear liquids over the next hour.</li> </ul> </li> <li>❑ <b>4 HOURS PRIOR to your procedure:</b> <ul style="list-style-type: none"> <li>○ <b>NO DRINKING/NOTHING</b> by mouth – including water, gum, hard candy/mints.</li> <li>○ The only exception: If you have a critical medication that cannot be taken 4-6 hours early, it can be taken up to 2 hours before the procedure, <b>BUT ONLY WITH A SIP OF WATER</b> (no more than 2-3 TABLESPOONS).</li> </ul> </li> <li>❑ If you cannot see through to the bottom of the toilet, please call our office for further advice after 6 am.</li> <li>❑ <b>Have the following:</b> <ul style="list-style-type: none"> <li>○ A ride home. To be confirmed at check-in.</li> <li>○ Insurance cards &amp; driver's license. Do not bring valuables.</li> </ul> </li> </ul>