

### **3 DAY COLON PREP WITH COLYTE**

The best possible exam requires that the colon be completely empty of stool. Residual stool in the colon may make the visual exam or removal of polyps impossible. Therefore, it is imperative that you follow the diet and laxative instructions that are detailed below.

#### **2 DAYS BEFORE THE PROCEDURE:**

1. You are to follow a **FULL LIQUID DIET** today. This includes water, coffee, tea, soda pop, soups, pudding, jello and ice cream. **NO SOLID FOODS.**
2. At **10:00am** take **2 Dulcolax tablets** with a liter of water (1 quart).
3. **Continue to drink plenty of liquids the rest of the morning.**
4. At **2:00pm** drink 1 bottle of **Magnesium Citrate.**
5. **Continue to drink plenty of liquids the rest of the day.**

#### **ON THE DAY BEFORE THE PROCEDURE:**

1. You are to go to a **CLEAR LIQUID DIET.** This includes water, coffee, tea (No milk or cream added) Non-red soda pop, Apple, Cranberry and Grape juice, Broth, Non-red Popsicles and Non-red Jello. **No liquids containing red dye.**
2. Mix the Colyte with **one gallon of water.** Adding powdered Lemon Crystal Light and keeping the Colyte in the refrigerator will help the taste.
3. At **5:00pm** begin drinking **6 to 8 ounces of the Colyte solution every 15 to 20 minutes until ½ the gallon is gone.** Continue to drink plenty of clear fluids the remainder of the evening. This will assure that your colon is being cleansed properly.
4. Unless you were told differently, you may take your routine medications that evening after you're bowels are done moving.

#### **ON THE DAY OF THE PROCEDURE:**

1. At \_\_\_\_\_am (approximately 3-4 hours before you are to arrive at the procedure facility) **drink the remaining ½ gallon of Colyte.** Continue to drink plenty of clear fluids up until 2 hours before the scheduled start of your procedure.
2. Take any heart or blood pressure medications that you normally take in the morning with your last drink of liquid. If you have any questions about which medications to take please call the office at (309)451-1123.