

COLYTE COLON PREP

The best possible examination requires the colon to be completely empty of stool. It is important that you follow these instructions in order for the colon to be properly cleansed. Residual stool in the colon may make the examination or removal of polyps impossible.

On the **DAY BEFORE** your procedure:

1. After your regular noon meal, on _____, you will begin a clear liquid diet, which includes: Water, Coffee, Tea (no milk or cream added), NON-red soda pop, Apple, Cranberry or Grape Juice, Broth, Bouillon, NON-red Jello and NON-red Popsicles. **NO LIQUIDS CONTAINING RED, ORANGE, OR PURPLE ARTIFICIAL DYE. NO DAIRY.**
2. Mix the Colyte with one gallon of water. Adding powdered Lemon Crystal Light and keeping the Colyte in the refrigerator will help with the taste.
3. At 5:00 pm begin drinking 6 to 8 ounces of the Colyte solution every 15 – 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 your bowels are done moving.

On the DAY OF YOUR PROCEDURE:

1. At _____ am/pm (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 liquids 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.

STOP DRINKING AT _____ am/pm