

Colonoscopy Colyte Preparation Instructions

READ IMMEDIATELY

From a pharmacy purchase **four (4) Dulcolax Laxative** (bisocodyl) tablets **OR one (1)** 10oz bottle of **Magnesium Citrate** (whichever you were told) and your **Colyte** preparation.

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** take the four (4) Dulcolax laxative tablets **OR** drink the 10oz bottle of Magnesium Citrate.

Mix solution as directed on the Colyte bottle. Refrigerate.

At **5:00 pm** the day before your exam 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.

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!!

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

DAY OF PROCEDURE

Five (5) to Six (6) hours *prior* to your scheduled procedure drink the remaining ½ bottle of the solution. (This step must be completed 4 hours before your scheduled exam.)

***** Any questions please call (585) 720-1550. *****