

PLEASE PURCHASE THE FOLLOWING OVER-THE-COUNTER SUPPLIES AT YOUR LOCAL PHARMACY:

Nulytely/Colyte/Golytely (Prescription required - please obtain from your GI provider)

Two (2) Dulcolax® tablets or its generic version

One (1) 10 oz. bottle of Magnesium Citrate **(NO RED)**

THE DAY PRIOR TO YOUR PROCEDURE. Day: _____ Date: _____

You must follow a clear liquid diet all day. LIQUIDS ALLOWED: Water, black coffee, apple and white grape juice, soda, tea, Kool Aid, sports drinks, lemon or lime Jell-O, chicken or beef broth, and popsicles.

NOT ALLOWED: Solid food, milk, alcohol, or anything RED, ORANGE OR PURPLE.



STEP 1

You may use flavor packets if they were dispensed with your prep or add lemon flavored Crystal Light or Kool Aid. If adding flavor, tear open flavor pack and pour into the bottle before mixing. Add lukewarm water to top line on bottle. Cap the bottle and shake to dissolve the powder. Refrigerate the bottle.



STEP 2

At **6:00 PM**, Drink one (1) **8 oz.** glass of mixture every 10-15 minutes until you finish the entire gallon of the mixture. The first bowel movement should begin approximately 1 hour after starting the prep. Be sure to drink **ALL** of the solution.



STEP 3

At **10:00 PM**, Take two (2) Dulcolax tablets with **8 oz.** of water. Swallow the tablets whole with a full glass of water.



STEP 4

If by **10:00 PM** you have not had a bowel movement or your stools are not liquid, drink one (1) **10 oz.** bottle of Magnesium citrate.

****Stay near toilet. You will have diarrhea, which can be quite sudden. This is normal. The stool should eventually be a clear yellow liquid. No food, drink, or water after 3:30 AM or _____.****

AT LEAST A WEEK BEFORE YOUR PROCEDURE. Check with your prescribing doctor to make sure it is safe to hold prescription blood thinners, such as Coumadin, Plavix, Pradaxa, Xarelto, Warfarin, Eliquis, or iron supplements. Please get permission to stop these **4 days prior** to your procedure.

COLON CLEANSING TIPS:
Drink solution chilled.
Drink sips of the solution through a straw.
Walking will help move the solution through your body.
If you feel bloated or your stomach feels “full”, drink solution slowly.
Continue drinking lots of clear liquids until midnight.
Anal skin irritation or flare of hemorrhoid inflammation may occur. If this happens, treat it with over-the-counter remedies, such as hydrocortisone cream, baby wipes, Vaseline® or Tucks® – avoid products containing alcohol.

NPO STATUS: During your procedure you will be administered either general anesthesia or heavy sedation. For your safety, it is essential you follow these guidelines:

- **No GUM, CANDY, MINTS, CIGARETTE SMOKING or TOBACCO USE 2 hours prior to your arrival time.**
- **NOTHING TO EAT OR DRINK AFTER 3:30 AM or _____.**

THE DAY OF YOUR PROCEDURE:

- If you take insulin or oral diabetic medication, you are advised to **HOLD** and **DO NOT TAKE** on the day of your procedure. Bring it with you.
- Take any routine heart, blood pressure or seizure medications with a **SMALL** sip of water at least two hours before your procedure.

YOU MUST HAVE WITH YOU:

- A responsible adult to drive you home. This individual must be present when you check-in and stay at the facility during the procedure or your procedure will be **CANCELLED**.
- A list of all medications you are now taking, including over-the-counter products and herbal supplements.
- A list of any allergies you have.
- If you have a Pacemaker/AICD please bring in your Pacemaker/AICD card.

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**Any questions, please contact us at:
MIDWEST GI HEALTH - 826-836-2200**