

Standard Colon Preparation (PEGLYTE, GOLYTELY, COLTYE & Magnesium Citrate)

Purchase your laxative 1 week in advance of the procedure – **YOU MUST BUY the following 2 laxatives**

PEGLYTE, GOLYTELY or COLTYE (any one of these is fine)

And 1 bottle of MAGNESIUM CITRATE

Both items may be purchased at your local pharmacy without a prescription. **NO SUBSTITUTIONS.**

One week before Procedure:

Do NOT eat any seeds, or foods/fruits/vegetables that contain seeds for at least ONE week PRIOR to the Procedure. (ie. Tomatoes, seeded breads, corn, grapes, raspberries, jam, cucumbers, watermelon, etc.)

The Day Before your Procedure:

You can only have a clear fluid diet (**NO SOLID FOOD**). A clear fluid diet includes tea, black coffee, juice, clear broth, jello (any color), pop, and water. Start taking the **4L laxative (PEGLYTE, GOLYTELY or COLTYE)** any time after noon and finish it before midnight.

The Day of your Procedure:

You must take the bottle of **Magnesium citrate** 4 hours prior to leaving your house. You may need to set your alarm to wake up and take it if you have an early morning appointment. You may have clear fluids up to 2 hours prior to your appointment time – this includes black coffee or tea.

DO NOT eat or drink anything **RED** or **PURPLE** for 24 hrs before or after the test.

Morning Appointment (8am to 12pm) – DO NOT eat or drink anything after midnight before your test.

Afternoon Appointment (1pm to 4pm) – You may have **CLEAR** fluids at breakfast, but nothing after 9am. Clear fluids = Soup, Broth, Juice, Tea, Water, **NO MILK, NO ORANGE JUICE.**

