

COLONOSCOPY PREPARATION

2 Gallon Colyte Triple Prep

Colonoscopy Technique: A colonoscope is a fiber optic flexible scope that is inserted in the rectum after the patient is sedated. The scope is about the diameter of your finger and has a light source at the end so that the physician can see the lining of the entire large intestine, from the rectum to the cecum (where the appendix and small bowel attach to the large bowel). Factors affecting visibility of the entire lining include the presence of stool and the patient's anatomy (a fold, kink, or scar tissue that may make it more difficult for the physician to see the lining of the bowels).

Please purchase 8 bisacodyl (Dulcolax) laxative tablets (not stool softeners), two (2) 10 ounce bottles of Magnesium Citrate and Miralax Powder. Generics are fine. These are over the counter and DO NOT need a prescription. They DO NOT come with your Colyte. Your Colyte prescription will be sent to your preferred pharmacy location. You may receive a generic medicine instead. This will come in two (2) 1 gallon containers.

DO NOT FOLLOW THE DIRECTIONS ON THE LABEL OF THE COLYTE.

10 DAYS BEFORE YOUR COLONOSCOPY:

Begin taking Miralax 1 tablespoon in water daily.

3 DAYS BEFORE YOUR COLONOSCOPY:

Add water to the marking on the Colyte containers, shake to mix well and refrigerate.

2 DAYS BEFORE YOUR COLONOSCOPY:

1. Begin the clear liquid diet (see General Instructions) when you wake up. **NO SOLID FOOD MAY BE CONSUMED UNTIL AFTER YOUR PROCEDURE.** Drink plenty of these fluids throughout the day to stay hydrated and to improve your results. You may continue to drink clear liquids even during the time you are drinking the prep.
2. At 10 am drink one 10 ounce bottle of Magnesium Citrate.
3. At 5 pm begin drinking the first 64 ounces of the first gallon of the Colyte prep solution. Drink 8 ounces every 15 minutes until half the gallon (64 ounces) is consumed. It should be completed in 2 hours. The second 64 ounces will be used later – see below.
4. At 8 pm take 4 bisacodyl (Dulcolax) tablets.

THE DAY BEFORE YOUR COLONOSCOPY:

1. Continue the clear liquid diet throughout the day.
2. At 8 am start the second 64 ounces of the first gallon of the Colyte prep solution. Drink 8 ounces every 15 minutes until it is consumed. It should be completed in 2 hours.
3. At 10 am take the second 10 ounce bottle of Magnesium Citrate.
4. At 5 pm begin drinking the first 64 ounces of the second gallon of the Colyte prep solution. Drink 8 ounces every 15 minutes until half the gallon is consumed. It should be completed in 2 hours. The second 64 ounces will be used later – see below.
5. At 8 pm take 4 bisacodyl (Dulcolax) tablets.

THE MORNING OF YOUR PROCEDURE:

1. Begin drinking the second 64 ounces of the second gallon of the Colyte prep solution beginning 6 hours prior to the start time of your procedure. _____ It should be completed in 2 hours. These guidelines for the timing of when you take this second 64 ounces of prep are very important, even if you are scheduled early in the morning.
2. DO NOT drink any other liquids during the 4 hours before your procedure start time.