




## Colonoscopy Magnesium Citrate + Colyte Prep 2 Day Instructions

5 Days before Procedure	3 Days before Procedure	Continued 3 Days before Procedure	2 Days before Procedure <b>Clear liquids only</b> (see list on back page)	1 Day before Procedure <b>Clear liquids only</b> (see list on back page)	Morning of Procedure
<p><b>Stop taking these medications until after procedure:</b></p> <p><b>Iron pill or Multivitamin with iron</b></p> <p>Resume after procedure as directed.</p>	<p><b>Stop taking these medications until after procedure:</b></p> <p><b>Dicyclomine Loperamide Colectipol</b></p> <p>Resume after procedure as directed.</p>	<p>In the <b>morning</b>, drink <b>ONE</b> bottle of magnesium citrate.</p> <p>If you take <b>levothyroxine (thyroid medication)</b>, you must take it <b>4 hours</b> after the medication.</p>	<p><b>DIABETICS:</b> Take <b>HALF</b> (½) usual dose of insulin. Take diabetes pills as usual.</p> <p>At <b>12 PM</b>, mix prep solution and refrigerate.</p> <p>From <b>4 PM to 6 PM</b>, drink <b>HALF</b> (½) of prep solution.</p> <p>From <b>8 PM to 10 PM</b>, drink remaining <b>HALF</b> (½) of prep solution.</p> <div style="text-align: center;">  </div> <p><b>NO SOLID FOOD</b></p>	<p><b>DIABETICS:</b> Take <b>HALF</b> (½) of usual dose of insulin. Take diabetes pills as usual.</p> <p>At <b>12 PM</b>, take <b>2</b> bisacodyl tablets, then mix prep solution and refrigerate.</p> <p>From <b>4 PM to 6 PM</b>, drink <b>HALF</b> (½) of the prep solution.</p> <p>Refrigerate remaining solution.</p> <div style="text-align: center;">  </div> <p><b>NO SOLID FOOD</b></p>	<p><b>6 hours</b> before procedure drink prep solution over <b>2</b> hours.</p> <p>You may drink clear liquids until <b>4 hours</b> before your procedure, then nothing else by mouth!</p> <p>Take morning medications <b>4 hours</b> prior to procedure.</p> <p style="text-align: center;"><b>DO NOT TAKE:</b></p> <ul style="list-style-type: none"> <li>• <b>Diabetic pills or Insulin</b></li> <li>• <b>Psyllium powder or Psyllium seeds</b></li> </ul> <p>Resume after procedure as directed.</p> <div style="text-align: center;">  </div> <p><b>NO SOLID FOOD</b></p>

(Turn page to see clear liquid list)

## Drink plenty of fluids while on a clear liquid diet.

**\*\*NOTE: Do Not drink red or purple liquids \*\***

**\*\*NOTE: Do Not drink alcoholic beverages \*\***

### The following items **are** allowed on a clear liquid diet:

- Water (plain, carbonated or flavored)
- Black coffee or tea (**NO** cream or dairy)
- Fruit juices without pulp, such as apple, white cranberry or white grape (**NO** grapefruit, orange or red cranberry juices)
- Fruit-flavored beverages, such as lemonade (without pulp) or Kool-Aid
- Carbonated drinks, such as Sprite, 7Up, ginger ale, seltzer, and dark sodas (cola and root beer)
- Sports drinks, such as Gatorade/Powerade
- Clear broths (with **NO** particles of dried food or seasoning)
- Hard candy, such as lifesavers
- Ice popsicles (without milk, fruit, seeds, or nuts)
- Gelatins, such as Jell-O
- **If you have DIABETES: Be sure to drink liquids with and without sugar**

**VA**



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