**Colonoscopy Colyte: 2 Day Prep Instructions**

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| **5 Days before Procedure** | **3 Days before Procedure** | **2 Days before Procedure**  **Drink clear liquids only**  (See list on back page) | **1 Day before Procedure**  **Drink clear liquids only**  (See list on back page) | **Morning of Procedure** |
| **Stop taking these medications**  **until after procedure:**   * **Iron pill** * **Multivitamin with iron**   Resume after procedure as directed. | **Stop taking these medications until after procedure:**   * **Dicyclomine** * **Loperamide** * **Colestipol**   Resume after procedure as directed. | **DIABETICS**:  Take **HALF (½)** usual dose of insulin. Take diabetes pills as usual.  At **12 PM**, mix prep solution and refrigerate.  From **4 PM to 6 PM,** drink **HALF (½)** of prep solution.  From **8 PM to 10 PM**, drink remaining **HALF (½)** of prep solution.    **NO SOLID FOOD** | **DIABETICS:**  Take **HALF (½)** of usual dose of insulin. Take diabetes pills as usual.  At **12 PM**, take **2** bisacodyl tablets and mix prep solution and refrigerate.  From **4 PM to 6 PM,** drink **HALF (½)** of the prep solution.  Refrigerate remaining prep solution.    **NO SOLID FOOD** | **6** hours before procedure drink remaining prep solution over **2** hours.  You may drink clear liquids until  **4** hours **before** your procedure, then nothing else by mouth!  Take morning medications  **4** hours prior to procedure:    **DO NOT TAKE:**   * **Diabetic pill or Insulin** * **Injectables** * **Psyllium powder** * **Psyllium seeds**   Resume medications after procedure as directed.    **NO SOLID FOOD** |

**(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**



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