

Colyte Prep

Two days before the exam:

- Buy one gallon of distilled water in container, discard two cups of the water.
- Mix all of the Colyte into the water, add flavor packet attached if desired, shake well and refrigerate the solution.
- Avoid seeds and raw vegetables in your diet.

Two days before the exam:

- ***Only Liquid Diet. You can have anything that is in liquid form.***
- ***Take 30 CC's of Milk of Magnesium and 1-2 Tablets Dulcolax at 5 pm.***

The day before the exam:

- **Follow the attached clear liquid diet for the rest of the day.**
- **At 1200 noon, begin drinking the Colyte; drink 8 ounces every 20-30 minutes until you have finished the container. If you begin to feel too bloated or experience an upset stomach, take a break for about an hour and then resume the prep.**

So that you do not get dehydrated you must drink liquids to replenish your electrolytes, such as Gatorade, PowerAde or broth. All clear juices are also OK, as are hard candy and/or chewing gum.

Continue your clear liquid diet through the process of taking the prep.

Please do not eat or drink anything after midnight the night before your procedure.

If you have any questions please contact the office (949) 650-8700 and speak with our back office staff.