



Colyte Colonoscopy Preparation / Diet

DATE: _____ **2 DAYS BEFORE PROCEDURE**
 (Only if instructed by the Doctor/Nurse)

DATE: _____ **DAY BEFORE PROCEDURE**

1. Clear liquid breakfast, lunch and dinner.

CLEAR LIQUID DIET:

This clear liquid diet is being ordered by your gastroenterologist in order to prepare your colon for an examination. Generally, a “clear liquid” is any liquid or semi-liquid substance that is transparent (*you can see thru it*).

- Beverages:*** Coffee, tea, carbonated beverages, sports drinks (Gatorade).
- Desserts:*** JELLO (**NO RED**), fruit ice and Popsicles (**NO RED**).
- Juices:*** Apple, White Cranberry, Grape and Kool-aid (**NO RED**).
- Soups:*** Broths and bouillon.
- Sweets:*** Sugar and hard candies.

2. In the evening, between 3-5pm drink one (1) gallon of Colyte laxative bowel prep as directed by your physician’s office over a 4 hour period. Try to finish ALL prep within 4 hours.
3. Mid Prep (halfway thru the gallon): Take two (2) Dulcolax tablets.
4. **DRINK ALL OF THE SOLUTION**

Other instructions: _____

