

Getting Ready For Your Colonoscopy



IH-III-74
R.D. 4/07
Pg. 1 of 2

You must have someone to drive you home, or be able to ride the bus after this test. If you have any questions, call 214-590-8839.



Important: If you are taking any **blood thinners**, call the GI Lab at 214-590-8839 and talk to a nurse to find out what you should do.

To clean your colon, follow these instructions:

2 days before your test

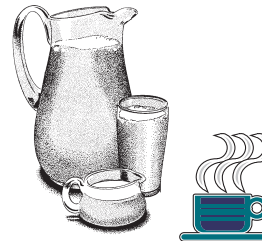
- Drink all the liquid in the green bottle (magnesium citrate) at 6 pm on _____.



After drinking this liquid, only eat or drink clear liquids till the test is done.

Clear liquids are:

- tea
- broth
- coffee (black - no milk)
- lemon-lime soda like 7-up or Sprite
- gelatin (jello)
- apple juice



The day before the test

- Eat and drink only liquids in the list above.
- At 5 pm on _____, have a small liquid supper.
- At 6 pm the evening before the test, start drinking the gallon of Colyte. Fill the whole jug with water and mix it well. You can mix the Colyte ahead of time, **but not more than 24 hours ahead of time**. Keep it in the refrigerator, if you like. It tastes better cold.

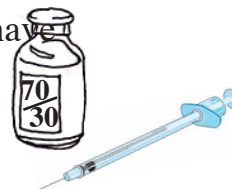


(over)

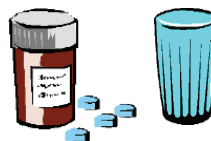
- Drink one large glass of Colyte every 10 minutes till it is all gone. You should finish the whole jug in 2 hours. It is important to drink it quickly so it will flush through your bowels and clean them out. Do not just sip it.



- You may feel mild cramping, or feel full. You may have some chills. This is normal.



- Do not eat or drink anything after midnight.
- If you take insulin, take $\frac{1}{2}$ your usual bedtime dose. **Do not** take any insulin the morning of the test. If you take a pill for your diabetes, **do not** take it the morning of the test.



The day of the test

- Take your blood pressure, seizure, and breathing