



**DIGESTIVE HEALTH ASSOCIATES**  
PROFESSIONAL CORPORATION

Patrick D. Gerstenberger, MD

Steven R. Christensen, MD

Stuart B. Saslow, MD

Wallace Lee, PA -C

**Extended Colon Cleanse Preparation for Colonoscopy**  
*With split dose oral electrolyte lavage*

Please read these instructions at least three days before your scheduled colonoscopy.

You will be given a sedative for this procedure, and will not be able to drive until the following day. **YOU MUST ARRANGE IN ADVANCE FOR SOMEONE TO DRIVE YOU HOME.**

The purpose of the prep is to cleanse your colon. A clean colon is necessary for us to provide a safe, comfortable and accurate examination. **Failure to perform your colon cleanse properly could result in the doctor having to stop the procedure without completing it, leading to the additional costs and inconvenience of a repeat procedure.** Please don't hesitate to call us if you have any questions.

**At least three days before your procedure:** Verify that our office has sent a prescription for this prep to your pharmacy. Pick up your prescription at least 2 days before your procedure to ensure that you have what you need in time. **In addition to getting your prescription filled, also purchase one bottle of magnesium citrate.**

**Two days before your procedure:** Avoid foods containing seeds or fibrous skins (such as tomatoes, corn, lettuce, cucumbers, fruits) until your examination has been completed. Begin clear liquid diet only at 5 PM. At 6:30 PM, drink the entire bottle of magnesium citrate. Continue clear liquid diet only.

**One day before your procedure:**

**In the morning,** mix the prescription prep powder (Golytely®, Nulytely®, Colyte®) into a solution as instructed on the bottle and refrigerate. Do not add flavoring unless the pharmacist has provided it as part of your prep kit (in which case it is optional). Other than this, please follow the instructions on this page rather than those provided with your prep kit. Continue with clear liquid diet only.

**At 6:00 PM** begin drinking the prep solution. Drink one 8-ounce glass every 10 minutes until you have finished **half** of the bottle (2 liters). You should be finished drinking by 8:00 p.m. Drinking on schedule leads to a better prep.

*You may feel bloated and nauseated as you drink. Some individuals may vomit. These side effects are temporary, and most individuals can successfully complete the prep. Within an hour or so of starting most individuals will begin having bowel movements that will progress to clear yellow diarrhea.*

**At 8:00 PM** take two 5 mg tablets of bisacodyl (Dulcolax®).

**The day of your examination:** Four hours before your arrival time, take any necessary medication and begin drinking one 8-ounce glass of the remaining prep solution every 10 minutes, continuing until finished. You must finish the prep solution at least 2 hours before your arrival time.

**Morning Procedures:** Do not eat or drink anything after completing your prep.

**Afternoon Procedures:** You may continue to drink clear liquids up until 2 hours before your arrival time.