

CoLyte/NULyte/GoLyte Prep

With 2 bottles of Magnesium Citrate

Dr. King has recommended you use **CoLyte/NULyte/GoLyte** (requiring a prescription) in combination with Magnesium Citrate (available over-the-counter) to prepare for your procedure. Your prescription will be sent electronically to your pharmacy. If you have not received your prep one week prior to your procedure, please call MDTEC at 410-224-3636 to request the prep to be resent to your pharmacy.

If you are diabetic or take blood thinners or have had major health changes within the last 12 months, you must discuss medications and medical clearances with the Pre-Op Nurse 410-224-3636 ext. 496. If you are unable to reach her, please speak with someone from the front office staff, 410-224-3636.

Procedure Prep Time Line

2 Weeks (14 days) Before Your Procedure:

Discontinue taking Phenterine or any medication containing Phenterine, such as Qsymia, Qnexa, Adipex-P, Suprenza, Phenteron

1 week (7 days) Before Your Procedure:

Begin a low fiber diet. Avoid fish oil, corn, seeds, nuts and popcorn

Discontinue the following prescriptions and over the counter medications: Iron Supplements, vitamins, minerals, herbal supplements and fiber supplements (e.g. Metamucil, Citrucel, Fibercon, etc)

3 Days Before Your Procedure: (Unless otherwise instructed)

Stop blood thinners (e.g. Plavix, Coumadin, Pradaxa, Xarelto, and Eliquis)

Stop using all aspirin and aspirin products (Ibuprofen, Advil, Motrin, Naproxen, Aleve, Celebrex.) You may take Tylenol as needed.

2 Days Before Your Procedure

Drink one bottle of Magnesium Citrate in the afternoon or evening

The Day Before your Procedure, ALL DAY:

DO:

Begin a clear liquid diet. Examples of clear liquids include: water, clear broth, apple juice, white grape juice, clear soda, frozen juice bars, coffee or tea – no cream or sugar

Drink 6-8 glasses of water throughout the day.

Stop all Aminosalicylates (Colazal, Asacol, Canasa, Rowasa, Dipentume, Azulfidine, etc)

DO NOT

Eat solid food

Drink alcohol – even if it's clear

Drink or eat anything that is red, blue or purple

The Morning Before your Procedure

At 10am, drink the 2nd bottle of Magnesium Citrate

Mix Your CoLyte/NoLyte/GoLyte Solution. Please ignore package instructions and follow the directions below:

Empty one flavor pack of choice (if included) into the container provided.
(solution can be used with or without flavor packs)

Add drinking water to the top line of the container.

Cap Bottle and shake well to dissolve

Store in the refrigerator. This solution must be used within 48 hours.

At 5pm Evening Before Your Procedure,

Drink the First 8 oz. dose of your CoLyte/NULyte/GoLyte Solution.

Drink 8 oz. every 15 minutes until the container is empty. This should be completed by 9pm, and you must drink the entire container!

Upon successful completion of your prep, your stool should be light yellow to clear in color with no solid particles. If not, please call the pre-op assistant at 410-224-3636 ext. 496 for further instructions.

The Day of Your Procedure

You are not allowed to eat anything after midnight. You can drink your prep solution and water up until 4 hours prior to your procedure. No chewing gum, throat lozenges, candy or mints either. **EXCEPTION:** You may take your approved medications with a small sip of water.

Reminders:

You must have a driver to take you home after your procedure. A taxi or shuttle service is not approved without a family member or friend. Public transportation or walking is not allowed. If you do not arrive with a caretaker, your procedure will be rescheduled and you may be charged a \$100 rescheduling fee.

Please bring your blood pressure medicine with you to your procedure.

**If you have any questions about your prep,
please call 410-224-3636 ext. 496.**