



**Do you have kidney disease? \_\_\_\_\_ Do you have constipation? \_\_\_\_\_**  
if you answered "Yes" to either of these issues, contact the Centers for GI office at  
970-669-5432 and ask for an alternate prep

**Use this prep ONLY if Colyte is not available from your pharmacy.**

### **Alternate Colonoscopy prep-----Magnesium Citrate**

**In advance you will need to purchase 3 bottles of Magnesium Citrate**

Please read the following instructions carefully at least 2 days prior to your scheduled procedure. In order to visualize your colon properly, it must be clean. It is absolutely necessary that you complete the following instructions, unless specified otherwise by your physician.

#### **Instructions:**

- **The day prior to exam**—for breakfast you may only have white bread/toast, rice cereal, cream of wheat, eggs, milk, and/or juice without pulp. NO fruits, vegetables, nuts or seeds.
  
- **After breakfast** switch to clear liquids only
  
- On your clear liquid diet you may have: water, tea/coffee without milk, soda, broth, bouillon, liquid or set jello, popsicles, juices without pulp. Avoid any product with red dye. NO milk or cream products.
  
- **At 6 pm the evening before** your procedure drink 2 bottles of Magnesium Citrate and keep drinking other clear liquids.
  - **IT IS IMPORTANT THAT YOU DRINK PLENTY OF CLEAR FLUIDS!!**
  
- **At least 5 hours prior to your arrival on the day of your procedure** drink the remaining 1 bottle of Magnesium Citrate. You can continue drinking clear liquids until 3 hours before your exam.
  
- **3 hours before your exam, do not eat or drink anything.** You may take your prescribed medications as you normally would up to 3 hours prior to your procedure, except for diabetic medications. (see instructions for diabetic medications on front of Colyte prep instructions.)

Your bowel movements should be clear, light yellowish and watery without sediment by the end of this prep. If the bowel movement is not clear, light yellowish and watery by the morning of your procedure, call us at 970-663-2159.