

GoLYTELY, HalfLyte, TriLyte Preparation for Colonoscopy**Please purchase:**

- 1 box of Dulcolax (bisacodyl) tablets
- 1 bottle of Magnesium citrate – 10 oz (clear ONLY)
- 1 GoLYTELY, HalfLyte, TriLyte prep solution – this prescription will be called in to the pharmacy on file

Your procedure is scheduled: _____ **Please arrive at:** _____

☐ **Advanced Digestive Center of Southern California (ADCSC)** 555 Marin St., Ste 270-A Thousand Oaks 91360
(805)719-0244 *ADCSC is in-network with Anthem Blue Cross PPO ONLY

☐ **Los Robles Hospital GI Lab** 215 West Janss Road Thousand Oaks CA 91360 (805)370-4376

*Please call Conejo Los Robles Anesthesiology group prior to your procedure at (805)578-8300

*Please call to pre-register 3 days prior to your procedure at Los Robles Hospital (844)761-2744 between 8:30AM - 5PM

If you cancel or reschedule, please make us aware no less than 5 business days in advance by calling (805)719-0244. If any changes to your appointment are made within 5 business days, a \$250 cancellation fee and/or a \$75 rescheduling fee may apply.

Preparation Instructions:**Two days before your procedure:**

- Drink 64 oz of water throughout the day, aside from the liquids taken during your meals
- At **8 PM** drink magnesium citrate

*If you are 65+ years or older, diabetic, or have congestive heart failure, coronary artery disease, renal disease, or are taking diuretics, do NOT drink the magnesium citrate

One day before your procedure:

- Clear liquids ONLY today
 - Clear broth (chicken or beef), water, apple juice, white cranberry juice, white grape juice, coconut water (NO pulp), ginger ale, Jell-O (yellow or clear ONLY), clear protein drinks
 - **NO MILK, NO JUICES WITH ANY PULP**
 - **NO RED, ORANGE, BLUE, GREEN, OR PURPLE DYES**
- Drink 64 oz of water throughout the day, aside from the liquids taken during your meals
- At **10 AM** take 2 Dulcolax (bisacodyl) tablets with 16 oz of water
- At **4 PM** prepare the prep kit as described by the package directions
 - Shake well to dissolve the powder and place in the refrigerator
- At **5 PM** start drinking the prep solution
- Drink 8 oz of the prep solution every 10 minutes until you consume half of the solution
- At **8 PM** take 2 Dulcolax (bisacodyl) tablets with 16 oz of water
- At **9 PM** if you are not having ANY bowel movements, please call Dr. Simoni
- **DO NOT EAT OR DRINK AFTER MIDNIGHT EXCEPT FOR THE SECOND PORTION OF YOUR PREP SOLUTION**

The morning of your procedure:

- At _____ **AM** start drinking the second portion of the prep solution
 - Drink 8 oz of the prep solution every 10 minutes until you finish your remaining solution
- You may take your usual heart and/or blood pressure medications in the morning with a small sip of water, any other medications can wait until after your procedure