



Wisdom. Compassion. Integrity.

Magnesium Citrate and Colyte® Prep

On the day before the procedure:

Fill Colyte® bottle with tap water to the fill line and mix well. Refrigerate after mixing.

At 2:00 PM: drink one (1) bottle of magnesium citrate. Magnesium citrate can be obtained without a prescription from any pharmacy. Do not get the RED magnesium citrate.

At 4:00 PM: start Colyte® - drink an 8 oz. glass every 10 minutes.

Drink each glass quickly rather than small amounts at a time. Continue until several bowel movements are clear. Clear bowel movements may be yellow or green tinged, but will have not solid particles present.