

Magnesium Citrate and Colyte Prep

On the afternoon/evening before the procedure:

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

At 2:00 PM-take 1 bottle of 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 no solid particles present.



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