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Gastroenterology – Liver Diseases – Diagnostic and Therapeutic Endoscopy

COLYTE PREPARATION FOR COLONOSCOPY (SCHEDULE A)

Use these instructions if your appointment is in the afternoon

1. TWO NIGHTS BEFORE YOUR PROCEDURE

You may eat a regular dinner, but stop eating solids after 7 P.M. That same night, add water to fill the COLYTE jug, shake well, and refrigerate. If you prefer just add cold water to the container a couple hours before you start drinking it. Do NOT add anything to the COLYTE preparation like soda, sports drinks, etc. You may add physician approved Crystal Light drink mix for flavoring if desired. Do not add anything RED or PURPLE.

2. THE DAY BEFORE YOUR PROCEDURE

- A. Eat a light breakfast such as toast, juice or coffee. You may drink as many clear liquids as you would like throughout the day.
- B. Eat a light lunch such as very broth filled chicken noodle soup.
- C. By 5:00 P.M., start restricting your diet to bouillon, jello, apple juice, black coffee, clear sodas, etc. **DO NOT DRINK ORANGE JUICE, MILK, TOMATO JUICE OR ANYTHING WITH PULP. AVOID RED OR PURPLE LIQUIDS.**
- D. At 6:00 P.M. begin drinking the COLYTE prep. Drink ½ of the gallon (2 liters) over the next 2 hours.

3. THE DAY OF YOUR PROCEDURE

Drink the remainder of the COLYTE (2 liters) over 2 hours beginning at least **4 hours before your procedure.**

You may experience headache, chills or nausea from the COLYTE; do not be alarmed. You may have to sit on the toilet while taking the COLYTE.

When all the COLYTE is gone you may continue to drink clear liquids until three (3) hours prior to your appointment time...

You may apply zinc oxide or petroleum jelly to anal area to prevent irritation.

Please bring someone with you to drive you home from your appointment as you will be sedated for the exam. Your exam will be cancelled if you don not have someone to drive you home. Remember to **TAKE ALL YOUR USUAL MEDICATIONS** the morning of your procedure. **If you take insulin in the morning take only ½ of your usual dose.** You will be in the Endoscopy Lab for approximately 2 hours.

If you have any questions concerning the examination or the prep instructions please call our office at (435) 673-1149