

Colyte Split-Dose Bowel Preparation Instructions For Colonoscopy

What is Colyte?

-Colyte is a bowel cleansing product used to cleanse the bowel prior to colonoscopy. The "jug" is mixed with one gallon of water (4 liters). This solution is not absorbed and cleanses your bowel by causing watery diarrhea.

5-7 days prior to your Colonoscopy

1. Stop taking any medicine containing iron or any iron supplements
2. If you are taking Coumadin/Warfarin, Plavix, or any other blood thinning medication, please ask your prescribing doctor to see if you are able to stop those medications 5-7 days prior to your procedure. If you are not able to come off those medications, please let us know before your procedure.
3. Please stop any additional aspirin or NSAIDS (Aleve, Motrin, Advil, etc) **5** days prior to your colonoscopy if possible. You may continue to take a daily aspirin if needed for a medical condition. Also stop fish oil, vitamin E and any other oily vitamin for **7** days prior.
4. Maintain a lower fibrous diet. Avoid items listed and not limited to foods like popcorn, broccoli, beans and dried fruit.

The Day Before Your Colonoscopy.

Prescription for your prep has been sent to: _____

1. Mix the Colyte solution as directed on the label with one gallon of water (4 liters).
2. Do not consume alcohol the day prior to your colonoscopy
3. You are only allowed to drink clear liquids the day prior to your colonoscopy. DO NOT eat any solid foods the day prior to your exam.

Clear liquids include the following and are not limited to. **NOTHING RED IN COLOR -** Water, jello (not red), soda (not red), white cranberry juice, tea, coffee(black only), Kool-aid (not red), apple juice, white grape juice, broth (chicken, vegetable, beef) Crystal light , MIO or other drink flavorings, Lemonade, Popsicles, Gatorade

It is very important to drink plenty of fluids the day prior to your exam!

Starting between 5-7 pm the night prior to your Colonoscopy

1. Begin your bowel preparation by drinking 2 liters of Colyte (about $\frac{1}{2}$ of the jug). Drink about one 8 ounce glass every 10 minutes until 2 liters have been consumed. This should take you about 2 hours to complete. If you feel full or nauseated by drinking this solution then slow down and finish it before midnight. It is very

important to drink 2 liters of Colyte the evening prior to your exam. You can also drink any other clear liquids after you have finished 2 liters of your prep until midnight. Sometimes it is easier to drink if chilled or over ice or through a straw. Some pharmacies also have flavor packets if requested.

The Day of Your Procedure

1. Finish drinking the remaining 2 liters of Colyte. It is important that you have finished the remaining 2 liters of your colon preparation at least 4 hours prior to your scheduled procedure time. You will need to get up early enough (probably around _____ am or so) and finish the remaining 2 liters of your colon preparation. It is important you have finished drinking the prep by _____ am, then **nothing by mouth after this time. This includes no water, chewing gum, mints or chewing tobacco.**
2. If you are taking **medications for high blood pressure or heart disease**, it is important that you take them early in the morning on the day of your exam with a sip of water.
3. **You MUST have someone drive you home after the procedure.**
4. **If you are of child bearing years you will need to perform a urine pregnancy test prior to sedation. This will be done at surgery center.**

Common Questions

1. Why is it important to drink a split-dose bowel preparation? Why is it important to drink 2 liters of Colyte on the morning of your exam?

→ This formulation of bowel preparation has shown to be better tolerated by patients and produce better results than other bowel preparations.

2. Why is it important to have a clean bowel for my colonoscopy?

→ Without a clean bowel, the physician performing your colonoscopy has a higher chance of not seeing small polyps or even cancer that could be obscured by stool.

3. Will I be incontinent the morning of my exam?

→ NO. The morning dose of Colyte usually works quicker and lasts shorter than the night dose.

Procedure Date and Time: _____

Procedure Arrival Time: _____

Procedure Location: _____

***If you are scheduled at St Mary's you will get a phone call the night prior to your exam for pre-op questions.**

If you have any questions about your colonoscopy or how to take your bowel preparation, please do not hesitate to call our office ...**573-556-5736 please select option #4.**

It is important that my office be notified of any reschedule or cancellation at least 2 days prior to scheduled procedure. There may be a \$75 reschedule fee if this is not done