Colonoscopy Instructions

CoLyte Prep

**Please DO NOT lose these instructions. Any concerns contact our office**.

**\*Stop taking 5 days before procedure:** Aspirin, Ibuprofen, Naproxen, Aleve, and Motrin. If you are taking any blood thinners such as, Coumadin, Plavix, Eliquis, or Xarelto, you may be required to hold these as well. Ask us about contacting the prescribing physician. You may also require Cardiac Clearance.

\*If you are diabetic hold all diabetic medication the day before and the day of the colonoscopy except if you take insulin, half the doses of insulin.

\*You may take any Blood Pressure or Heart medication the morning of with a sip of water.

***The Day before Your Colonoscopy\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_***

***\*\* ABSOLUTELY NO SOLID FOOD OR MILK PRODUCTS. \*\****

**You may have:**

Water, Jell-O (***No Red, No Purple***), Broth, Bouillon, Soft drinks, Coffee (***No milk or non-dairy creamer, this also includes Soy, Almond Milks***), Tea, Juices (***No Red/ Purple juice***), Popsicles (**No Red/ Purple ones**) and orange juice, Gatorade, (***NO ALCOHOL***).

***Beginning At:***

**9:00 am** Mix the CoLyte with lukewarm water according to the directions. Shake to dissolve powder then place into refrigerator.

**6:00 pm** Drink half of the CoLyte solution. Drink 8 oz every 10-15 minutes. If you feel nauseated, stop drinking prep until you have a bowel movement or until the nausea stops.

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\*\*\***Put the remaining CoLyte solution back into the refrigerator\*\*\***

**9:00 pm Drink 16 oz of clear liquid of your choice**

**12:00 am** Drink the rest of the CoLyte 8 oz every 10-15 minutes. You can follow with 16 oz of clear liquid of your choice. After that you should have nothing by mouth until after your colonoscopy.

*TIMES ARE SUBJECT TO CHANGE!* NO FLUIDS AFTER \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Your colonoscopy is scheduled for\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

You should report to \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_by\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* **You will need to have someone take you home from the hospital. They must be 18 or over and a licensed Driver.**
* **Whoever comes with you to the hospital MUST stay the ENTIRE time or else the procedure will NOT be performed.**
* ***If your insurance will be changing prior to the procedure you must notify the office so that we may obtain proper precertification.***