

Colonoscopy Prep for COLYTE

Date of Procedure: _____ Arrival Time: _____

*****Your Colyte prep solution has been called into your pharmacy. Please pick this up soon.*****
DO NOT FOLLOW THE INSTRUCTIONS ON THE COLYTE CONTAINER

If you normally take a prescribed blood thinner like Pletal (Cilostazol), Jantoven, Plavix (Clopidogrel), Coumadin, Warfarin, Persantine (Dipyridamole), Eliquis (Apixaban), Aggrenox, Xarelto or Pradaxa (Dabigatran) then we have contacted your prescribing physician to make sure that it is okay for you to stop for the recommended number of days.

You will need to stop your blood thinner _____ days prior to your procedure.

FOUR DAYS BEFORE PROCEDURE: Discontinue eating any foods with seeds, nuts, fruit or vegetables with skin and corn. Also avoid multivitamins as well as iron, herbal and homeopathic supplements (unless advised by a physician).

[] **If your physician has recommended that you take Miralax in addition to the Colyte** solution prior to procedure, due to a history of severe constipation or other medical indication, you will need to purchase Miralax 119 gram bottle and take 17 grams (one capful) of Miralax in 8 oz of water twice a day, beginning 3 days prior to procedure.

ONE DAY BEFORE PROCEDURE: Clear liquids such as broth or bouillon, Jell-O, popsicles and Gatorade (NO red or purple), tea, coffee, clear soft drinks and water are allowed. NO SOLID FOOD OR MILK PRODUCTS.

Diabetics: Insulin Pump – Follow instructions from Endocrinologist

Oral Diabetic or Insulin Dependent – Take half of your normal dose unless otherwise instructed.



5:00 P.M. Add water to the top line of the container. Replace cap and shake until dissolved. Drink 1 glass of solution every 10-15 minutes until you have drank half the gallon. Place remainder in refrigerator.

*****Bowel movements usually start within 1-2 hours after you begin drinking and can continue 1-2 hours after you finish.*****

DAY OF PROCEDURE:

- 6 hours before your procedure discontinue all forms of tobacco products.
- **5 hours before your procedure drink the remaining Colyte solution, one glass every 10-15 minutes. The last glass must be completed at least 3 hours prior to procedure time.**
- You may have clear liquids, gum and hard candy up to 3 hours before your procedure.
- **Stop drinking 3 hours before your procedure. You are to have NOTHING by mouth 3 hours prior to your procedure.**

CONTINUED ON BACK ►

** YOU SHOULD USE INHALERS, AND TAKE HEART, BLOOD PRESSURE, SEIZURE, ANTI-ANXIETY, AND RESPIRATORY MEDICATIONS (**NO BLOOD THINNERS OR DIABETIC MEDICATIONS**). YOU SHOULD TAKE THESE AT LEAST 3 HOURS BEFORE YOUR PROCEDURE.

** IF YOU ARE DIABETIC, DO NOT TAKE YOUR MEDICATIONS BUT PLEASE BRING THEM WITH YOU. YOU MAY WANT TO CHECK YOUR BLOOD SUGAR. CALL US FOR HIGH BLOOD SUGARS > 350. **PROCEDURES ARE CANCELED FOR BLOOD SUGARS OF 400 OR GREATER.** IF YOU ARE CONCERNED ABOUT YOUR BLOOD SUGAR DROPPING, CONSIDER PURCHASING GLUCOSE TABLETS.

** DO NOT TAKE HEPARIN OR LOVENOX ON THE DAY OF PROCEDURE

** **YOU MUST HAVE SOMEONE TO DRIVE YOU TO THE FACILITY, REMAIN ON THE PREMISES AND THEN DRIVE YOU HOME.**