

COLYTE colonoscopy prep instructions

***DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT ON:**

DATE OF COLONOSCOPY: _____,

_____ **ARRIVE AT:** _____ **AM/PM**

Your procedure will be performed at the following location:

_____ Arkansas Gastroenterology Endoscopy Center, 151 McGowan Court, Hot Springs, AR 71913 telephone number is 501-623-4101

_____ CHI/St. Vincent Outpatient Center, 300 Werner Street, Hot Springs, AR 71913. Telephone number is 501-622-1000. Entrance to Outpatient Center is off Higdon Ferry Road.

Please note: **You will need someone to drive you home after your procedure, as you will be sedated for it.** *****You will not be able to leave via SCAT bus or Taxi if your procedure is done at CHI/St. Vincent outpatient please make sure you have transportation.**

ONE WEEK (7 DAYS) prior to your procedure:

****STOP taking fiber supplements and AVOID foods with any seeds!****

These include, but not limited to:

-flaxseeds, any seeds, popcorn, nuts of any kind, OTC Metamucil, Konsyl, Citrucel, and Benefiber.

THREE (3) days prior to your procedure:

***STOP** taking blood thinning medications or anti-inflammatory medications including the following: Coumadin/Warfarin, Plavix, Aspirin, Pradaxa, Eliquis, Xarelto, Prasugrel, Brilinta, Cilostazol, Aggrenox, any arthritis medication like Mobic/meloxicam, Aleve, Naproxen, Celebrex, Naprosyn, Voltaren, Advil, and Ibuprofen. If these are not stopped, your test may be rescheduled. Any form of TYLENOL or Acetaminophen is safe to continue taking until your test.

***STOP** taking oral iron and vitamins containing iron. Also stop taking all FISH OIL and Omega 3 fatty acids as these will thin the blood.

***STOP** taking fiber supplements like Metamucil, Citrucel, Fiber-Con, ETC.

One (1) Day prior to scheduled COLONOSCOPY is your PREP DAY:

Keep in mind that the cleansing process will take from 4-8 hours or longer, so plan your schedule accordingly.

When you wake up on _____ start on a clear liquid diet, you can not have anything solid to eat ALL DAY!

- Breakfast-clear liquids only! **Do not eat any solid food of any kind today!** See list of clear liquid examples below!
- At 12:00pm (NOON) start drinking your Colyte liquid that was prescribed, every 10 minutes until the ENTIRE contents is gone. You need to drink all the liquid to ensure that you will have a clean colon for your test. If you do not drink all of this, you may not be completely cleaned out and we will have to reschedule your procedure with a longer colonoscopy prep.
- At 7:00pm take the four (4) Dulcolax 5mg (generic Bisacodyl) tablets that were also prescribed. You will need to take all of them at the same time.
*****If you get nauseous during this step, stop the prep for about 45 minutes and then resume drinking until finished.**

- You will need to keep drinking clear liquids for the rest of the day to prevent dehydration during the colon cleanse process.

Do increase your fluid intake, make sure you drink at least 8 glasses of fluids in addition to the Colyte mixture, do not drink plain water only.

- Continue to drink clear liquids until bedtime.
- Ginger Ale is great for nausea!

DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT ON DAY PRIOR TO YOUR PROCEDURE!!!!

ON YOUR PROCEDURE DAY _____

Arrive at the specified location with any paperwork filled out completely.

Please note: If you are scheduled at CHI/St Vincent outpatient you will need to be sure that you have your paperwork filled out and dropped off at Arkansas Gastroenterology Clinic at least 4 days prior to test date. We need to have this paperwork back so we can send all your information over to the hospital for your procedure.

- If you take heart medication or blood pressure medications, please take it early on the morning of your procedure with a few sips of water.
- If you are diabetic, please DO NOT take your diabetes medication on the day of your procedure, please bring it with you.
- If you have any breathing issues (COPD, CHF, ASTHMA) and have a rescue inhaler, please bring that with you to your procedure.

What is a clear liquid diet? **NO Red or Purple colors, Pink is fine.**

- Clear broth-chicken, vegetable, or beef broth. Bouillon. **No regular soups with assorted pastas or meat added unless completely strained.**
- Beverages: sweet or unsweetened tea, BLACK coffee (no creamer or dairy products added), “Kool-Aid”, lemonade (without pulp), any carbonated beverages (like Coke, Diet Coke, Dr. Pepper, Sprite, 7up), Gatorade, Propel or Powerade.
- Ginger Ale (regular and diet), not only is this beverage clear but it will also help with nausea.
- Juices **without pulp**: apple, white grape, white cranberry, lemonade.
- Desserts: Italian ices (frozen), popsicles, regular or sugar free gelatin (like JELLO) remember NO Red or Purple.