

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 Pletal (Cilostazol), Jantoven, Plavix (Clopidogrel), Coumadin, Warfarin, Persantine (Dipyridamole), Eliquis (Apixaban), Aggrenox, Xarelto or Pradaxa (Dabigatran) then **we will contact your prescribing physician to make sure that it is okay for you to stop for the recommended number of days.** We will contact you once they have responded. Do not stop aspirin for the 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.

****IF YOU TAKE BLOOD PRESSURE MEDICATIONS, YOU MAY TAKE THEM 3 HOURS PRIOR TO YOUR PROCEDURE TIME.**

****IF YOU ARE A DIABETIC, DO NOT TAKE YOUR MEDICATIONS BUT PLEASE BRING THEM WITH YOU.**

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