

# PM COLYTE PREPARATION INSTRUCTIONS

The following instructions are your Doctor's specific directions. Please follow the directions carefully.

Please pick up the following preparation items for your colonoscopy:

1. Pick up your Prescription for Colyte (PEG 3350 solution) at your pharmacy
2. Purchase 4 Dulcolax tablets

## 5 DAYS BEFORE THE PROCEDURE

Stop taking Coumadin, Plavix, Iron as directed by your Primary Care Doctor, Cardiologist or Gastroenterologist.

## 3 DAYS BEFORE THE PROCEDURE

Stop fiber supplements such as Metamucil, Fibercon, etc.

## THE DAY BEFORE THE PROCEDURE



**YOU MAY HAVE NO SOLID FOODS UNTIL YOUR EXAM. YOU MUST BE ON A CLEAR LIQUID DIET. NO SOLID FOODS OR DAIRY PRODUCTS ALLOWED.**

A clear liquid diet is necessary for a colonoscopy. A complete cleansing of the entire bowel is essential for effective results, so that there will be no need for retesting.

**Your Clear Liquid diet options for the day before your procedure:**

Tea and Coffee	Clear Juices	Powdered Lemonade	Water/ Vitamin Water	Carbonated Beverages
	Such as apple or white grape juice 			
<b>NO DAIRY</b>	<b>NO PULP NO RED, ORANGE OR PURPLE</b>	<b>NO PULP</b>	<b>NO RED, ORANGE OR PURPLE</b>	

Sports Drinks	Popsicles	Jell-O	Broths/ Coconut Water	Honey/Sugar
	 <b>WITHOUT MILK OR ADDED FRUIT</b>			
<b>NO RED, ORANGE OR PURPLE</b>	<b>NO RED, ORANGE OR PURPLE</b>	<b>NO RED, ORANGE OR PURPLE</b>		

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**It is very important to keep hydrated. Drink plenty of clear liquids while doing the prep (at least 8 ounces every hour)**

**1**



**TIME**

**1:00 PM the day before your procedure**

Prepare Colyte mix by adding drinking water to the indicated line near the top of the gallon jug. Shake until powder is mixed with the liquid and chill in the refrigerator.

**2**



**TIME**

**3:00 PM the day before your procedure**

Take four Dulcolax tablets with at least 8 oz. of water.

**3**



**TIME**

**5:00 PM the day before your procedure**

Begin drinking, and drink **HALF OF THE MIXTURE (64 oz.)** Drink an 8 oz. glass of the solution every 15 minutes **until gone.**

**Shake the container before pouring each dose.**

Diarrhea usually begins within an hour or two, but may vary. You may notice some bloating or cramping at the beginning, but this will improve once the diarrhea begins. Stay close to a bathroom once you start the prep. You may use non-alcohol wipes to cleanse after each bowel movement, and a barrier cream such as A & D ointment® for chaffing.

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## THE MORNING OF THE PROCEDURE

4



### TIME

**6:00 AM the day of your procedure**

Drink the **OTHER HALF OF THE MIXTURE (64 oz.)**

Drink an 8 oz. glass of the solution every 15 minutes **until gone.**

**Shake the container before pouring each dose.**

**FINISH NO LATER THAN 2 HOURS PRIOR TO YOUR PROCEDURE**

**After completing the last half of the Colyte mixture, you may have no more than an additional 6 oz. of clear liquids until the two hours prior to your scheduled procedure.**

## THE DAY OF THE PROCEDURE



**NOTHING BY MOUTH two hour prior to your procedure, this includes gum and mints.**

- You should take any blood pressure and heart medications the morning of the procedure with only a small sip of water.
- You may brush your teeth.
- Please don't forget to bring your completed paper work, insurance cards, copayment or any deductible due at time of service.

**YOU MUST BE ACCOMPANIED BY A FRIEND OR RELATIVE TO DRIVE YOU HOME. THEY MUST CHECK IN WITH YOU. YOU MAY NOT DRIVE, OR GO HOME BY TAXI OR BUS. IF YOU DO NOT HAVE A DRIVER, YOUR PROCEDURE MAY BE CANCELLED.**