

Colonoscopy Prep –Colyte 1

Name _____ **Colonoscopy** _____
Day Date

Arrival Time at Endoscopy Center _____ **Procedure Time** _____

Prior to Preparation:

✓ Medication Adjustments _____

Do not take Aspirin, Ibuprofen, Advil, Aleve, Motrin, and/or arthritis medications _____ day(s) before the study, these can thin your blood. You may take Tylenol. Other medication instructions will be given when we call you 1-3 days prior to the procedure.

- ✓ Purchase Colyte and one adult fleet enema at your pharmacy. You will need a prescription for the Colyte, but not for the enema.
- ✓ **Arrange for a driver.** Your driver must stay in the waiting room the entire time; this is a Department of Health guideline. You will not be able to drive until the next morning.

Preparation:

_____ **Morning** Mix Colyte following the instructions and refrigerate. You may have a
Day of Week normal breakfast.

Lunch Have soup, sandwich, and/or salad.

You may have clear liquids, only, that do not have artificial red or orange coloring in them, cranberry is OK if it is naturally red. “If you can see through it, it is not red, orange, and has nothing solid in it you may have it.” Make sure you drink something every hour until five hours prior to procedure.

- Coffee (no creamer) or Tea
- Water
- Soda
- Broth, bouillon, or consommé
- Fruit juices
- Freeze Pops
- Jell-O (no fruit in it)
- Athletic drinks (Gatorade)

4:00 PM Drink an 8 oz glass of Colyte every 10 minutes until the bottle is empty. It is best to drink the whole glass rapidly.

***You may feel bloated and/or have nausea. This is common and temporary; it will disappear once your bowel movements begin.

***If you have any questions about your colonoscopy you may call (717) 217-4312.

****ABSOLUTELY NOTHING TO EAT OR DRINK FIVE HOURS BEFORE PROCEDURE****
Take medications as usual (with a sip of water) unless otherwise directed

Day of Procedure:

_____ **One hour before leaving home** use Fleet enema
Day of Week

Patient’s Signature

Witness

Date