

- Pick up your Prescription for Colyte (PEG 3350 solution) at your pharmacy
- Purchase 4 Dulcolax/Bisacodyl 5 mg. Laxative tablets (NOT stool softeners)
- Purchase Simethicone tablet 80-125 mg (over the counter) 1 Tablet

**10 Days before the test - IF YOU ARE ON BLOOD/PLATELET THINNERS the following instructions apply:**

Please contact your Primary Care Doctor or Cardiologist for specific instructions regarding stopping your platelet/blood thinner. If you are unable to stop your blood thinners, please call our office and speak with a triage nurse. (Warfarin/Coumadin/Jantoven, Pradaxa/Dabigatran, Xarelto/Rivaroxaban, Eliquis/Apixaban, Plavix/Clopidogrel, Effient/Prasugrel, Brillinta/Ticagrelor, Savaysa/Edoxaban, Pletal/Cilostazol or Aggrenox/Dipyridamole. If your specific medical condition allows, it is safest if performed off these medications.





**CONTINUE YOUR DAILY ASPIRIN AS PRESCRIBED/RECOMMENDED BY YOUR PHYSICIAN**






**IF YOU ARE DIABETIC THE FOLLOWING INSTRUCTIONS APPLY:** IF YOU ARE ON INSULIN, please contact your primary care doctor or endocrinologist for further instructions regarding Insulin and clear liquid diet.

**IF YOU TAKE METFORMIN:** Please hold your Metformin 12 hours prior to your procedure.



**THE DAY BEFORE THE PROCEDURE:** YOU MUST BE ON A CLEAR LIQUID DIET. NO SOLID FOODS, DAIRY PRODUCTS OR NON-DAIRY CREAMER ARE ALLOWED UNTIL YOUR PROCEDURES ARE COMPLETE. 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.

Sports Drinks	Popsicles	Jell-O	Broths/ Coconut Water	Honey/Sugar
	 WITHOUT MILK OR ADDED FRUIT			
No Red, Orange or Purple	No Red, Orange or Purple	No Red, Orange or Purple		

Tea and Coffee	Clear Juices	Powdered Lemonade	Carbonated Drinks	Water/Vitamin Water
				
NO DAIRY /Non Dairy Creamer	NO PULP, RED, ORANGE OR PURPLE	NO PULP	NO RED, ORANGE OR PURPLE	

## AM Colyte Prep – DAY PRIOR TO YOUR PROCEDURE

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 4 Dulcolax laxative tablets (not stool softeners) with 8 ounces 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-ounce glass of the solution every 15 minutes until you have consumed 8 glasses of the solution.

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

4



### TIME 9:00 PM THE EVENING BEFORE YOUR PROCEDURE

Drink the **OTHER HALF OF THE MIXTURE** (64 oz). Drink an 8 ounce glass of the solution every 15 minutes until you have consumed the remainder of the prep solution.

**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.

**HOLD METFORMIN 12 HOURS PRIOR TO PROCEDURE**

## **Colyte AM PREP**



**DAY OF PROCEDURE :** Clear liquids must be limited to no more than 6 oz. after midnight until **FOUR HOURS** prior to your scheduled procedure. **EXAMPLE:** 10 am procedure – no more than 6 oz of clear liquids must be consumed before 6 am, or your test may be cancelled by anesthesia.

## **THE DAY OF THE PROCEDURE: DO NOT EAT ANY SOLID FOOD AFTER MIDNIGHT PRIOR TO YOUR PROCEDURE.**

- **4 hours prior to your procedure, take 1 tablet of Simethicone 80-125 mg.** If your tablet is non-chewable please be aware of the fluid restrictions (no more than 6 oz., clear liquid) Nothing 4 hours prior to test.
- **NO SMOKING, E-CIGS OR CHEWING TOBACCO THE DAY OF THE PROCEDURE.**
- Nothing in your mouth 4 hours prior to the procedure. No water, gum, mints or cough drops. If these directions are not followed your procedure may be cancelled by anesthesia.
- Clear liquids must be limited to no more than 6 oz. after midnight until FOUR hours prior to your scheduled procedure.
- You should **take your morning medications except for Metformin and anticoagulants** with a small sip of water. You may brush your teeth.
- If you are on **INSULIN**, we ask that **you hold your morning dose** the day of the procedure.

### **WHAT TO BRING WITH YOU**

Please don't forget to bring your completed paper work, insurance cards, copayment or any deductible due at time of service.

- If you do not use our patient portal website, please bring a **list of all medications** you are currently taking (this includes over the counter medications, herbs and vitamins).
- Bring your driver's license or photo ID.
- Wear comfortable, loose fitting clothing. Wear flat shoes or tennis shoes.
- **Do NOT wear jewelry or bring large amounts of cash with you.**

**YOU MUST BE ACCOMPANIED BY A FRIEND OR RELATIVE THAT IS OF LEGAL AGE (18 YEARS OR OLDER) TO DRIVE YOU HOME. YOUR DRIVER MUST CHECK IN WITH YOU AND STAY IN THE BUILDING UNTIL YOU'RE DISCHARGED. YOU MAY NOT DRIVE, GO HOME BY UBER, TAXI OR TRANSPORTATION BUS. IF YOU DO NOT HAVE A DRIVER OF LEGAL AGE, YOUR PROCEDURE MAY BE CANCELLED.**

If you are unable to keep this appointment, please call our office 48 hours prior to scheduled procedure at 816 478 4887



## Bowel Prep Frequently Asked Questions

### What is a clear stool?

A clear stool can have a slight tint of light yellow or dark yellow. It will be completely transparent and should not contain any solid matter.

### I am not having bowel movements, what should I do?

Bowel movements can take up to 5 to 6 hours after beginning the prep to start. Be patient, continue to drink liquids. If you have not had a bowel movement by midnight the night prior to your procedure, you will need to reach the on-call physician for further instructions.

### The prep is making me nauseous, what should I do?

If you develop nausea or vomiting, **slow down** the rate at which you drink the solution **or stop** for 30 minutes. The nausea usually subsides when the bowels start moving. Please attempt to drink all the laxative solution **even if it takes you longer**. If vomiting persists, or you are not able to finish the preparation, stop the preparation and call your physician's office for further instructions.

### What are some high fiber foods I should avoid?

Raw fruits and vegetables are typically high in fiber, as well as nuts, seeds, whole grain breads and beans and lentils.

### What are some good options for low fiber foods?

Choose white bread and white rice for lower fiber options, as well as pastas made with white flour. Chicken, fish, dairy and eggs are also low in fiber and good choices for foods 4 days before you begin your prep.

### If I eat popcorn or seeds 3 days before my procedure do, I need to reschedule?

You will not need to reschedule your procedure; however, the seeds or nuts may cause a difficulty in screening and require a need for rescreening. If you have eaten a large amount of seeds or nuts, you may want to contact the nurse or physician.

### Can I drink ALCOHOL on the liquid diet?

Alcohol is not allowed as part of the liquid diet.

### Can I continue to be on the liquid diet after I begin consuming the laxatives?

Yes, you may continue the liquid diet until you are directed to discontinue anything by mouth, which is typically 4-6 hours prior to the procedure.

### Why do I have to wake up at so early for the 2<sup>nd</sup> dose, can't I take it all the night before?

A split prep has proven to be the most effective for a successful colonoscopy. It is essential that you follow the directions provided with your prep medications.

### If I weigh under 100 pounds do, I need to take all the prep?

The liquid amount is not weight dependent. It is important to finish the prep for a successful colonoscopy