

Appointment Date _____ PM Colyte Instructions Arrival Time _____

- 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.

4 DAYS PRIOR TO PROCEDURE: Stop taking iron tablets, fish oil, multivitamins that contain iron , Metamucil, Citrucel or any other bulk laxative

THE DAY BEFORE THE PROCEDURE: YOU MAY HAVE NO SOLID FOODS UNTIL YOUR EXAM IS COMPLETE. YOU MUST BE ON A CLEAR LIQUID DIET. NO SOLID FOODS OR DAIRY PRODUCTS ALLOWED. (Includes Non-Dairy Creamer). 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 options for the day before your procedure.

Tea and Coffee	Clear Juices	Powdered Lemonade	Vitamin Water	Carbonated
	Such as apple or White grape juice 			
NO DAIRY or Non Dairy Creamer	NO NO RED,ORANGE PURPLE	NO PULP	NO RED, ORANGE OR PURPLE	
Sports Drinks	Popsicles	BROTHS/COCONUT WATER	JELLO	Honey/Sugar
	 WITHOUT MILK OR ADDED FRUIT			
NO RED, ORANGE OR PURPLE	NO RED, ORANGE OR PURPLE		NO RED, ORANGE, OR PURPLE	

* THE DAY BEFORE 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 Bisacodyl 5 mg. 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 oz. glass of the solution every 15 minutes **until gone**.

Shake the container before pouring each dose.

HOLD METFORMIN 12 HOURS PRIOR TO YOUR PROCEDURE

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.

Please note: These instructions are specifically for an afternoon procedure. If you have changed your appointment time to a morning procedure, please call our office for CORRECT prep instructions

DAY OF THE PROCEDURE – PM COLYTE INSTRUCTIONS



TIME 6 AM Drink the other half of the solution.

Drink an 8 oz. glass every 15 minutes until solution is gone. Shake the container prior to pouring each glass



After drinking the above solution, you may have no more than 6 oz of clear liquid, but **NOTHING 4 hours prior to test.**

Example: 3:00 PM Procedure = 6 ounces must be consumed before 11 A.M. **If these instructions are not followed, your procedure may be cancelled by anesthesia.**

On the Day of your procedure. NO SOLID FOOD. NO SMOKING, CHEWING TOBACCO OR E-CIGARETTES THE DAY OF PROCEDURE.

- Take **one Simethicone 80-125 mg tablet 4 hours prior to procedure.** If non-chewable, please follow the fluid restriction.
- **NOTHING BY MOUTH 4 HOURS BEFORE YOUR PROCEDURE,** this includes gum, mints, and **water.**
- **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 routine scheduled medications** the morning of the procedure with only a small sip of water, except for **Metformin and anticoagulants.**
- If you are **on INSULIN,** please **hold your morning dose** (If your procedure is scheduled in the afternoon, hold your Insulin until after the procedure).
- You may brush your teeth.

WHAT TO BRING WITH YOU:

- 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).
- Please don't forget to bring your completed paper work, insurance cards, copayment or any deductible due at time of service.
- 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 OF LEGAL AGE (18 OR ABOVE) TO DRIVE YOU HOME. YOUR DRIVER MUST CHECK IN WITH YOU AND STAY IN THE BUILDING UNTIL YOU'RE DISCHARGED. YOU MAY NOT DRIVE, OR GO HOME BY TAXI, UBER OR TRANSPORTATION BUS. IF YOU DO NOT HAVE A DRIVER, YOUR PROCEDURE MAY BE CANCELLED.

If you have any questions or concerns about the preparation, please call our office at 816 478 4887.

If you need to cancel or reschedule this procedure, please give 48-hours' notice

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 will not contain any solid matter.

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

Bowel movements can take up to 5-6 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 to 45 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 2nd 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.