

**Digestive Health Physicians**  
**Gastroenterology Gastrointestinal Endoscopy Hepatology**  
**(239) 939-9939**

## **PREPARATION FOR COLONOSCOPY WITH COLYTE OR GOLYTELY**

You have been scheduled to undergo Flexible Sigmoidoscopy or Colonoscopy. In order for the examination to be successful, your colon must be completely cleared of stool. For this reason, you must take a laxative preparation the day before the procedure. **Please follow these instructions carefully.** If your colon is not completely clear, it may interfere with the ability to diagnose your problem and could even require that the test be repeated. This preparation is safe in all patients, including those with a history of congestive heart failure or kidney failure. Please call our office if you have any questions about the preparation or if you have any problems during the laxative preparation 239-939-9939 option 4

Your procedure is scheduled on: \_\_\_\_\_  
Date

The Facility you are to report to: Health Park Hospital, Out Patient Surgery

Please arrive for the procedure One Hour Prior to your scheduled procedure time

**You must have someone drive you home. You will be unable to drive for 24 hours.**

### **INSTRUCTIONS FOR TWO DAYS BEFORE THE PROCEDURE IS SCHEDULED:**

Two Days before your procedure please mix your laxative powder with one gallon of purified water before going to bed.

### **INSTRUCTIONS THE DAY BEFORE THE PROCEDURE IS SCHEDULED:**

On the day before your procedure, you will be on clear liquids only, no solid foods or milk products. Clear liquids are coffee, tea, soda, water, apple/white grape juice, broth, Jell-O, Gatorade, and popsicles. **NO RED LIQUIDS**. Keep on these clear liquids all day until you go to bed.

On the day before your procedure at 11 am begin drinking the gallon of laxative, drinking an 8-ounce glass every 15-30 minutes until the entire gallon is gone. You may add flavorings to your solution such as: Tang, ice tea mix, or lemonade crystal. Remember- **NO RED COLORED POWDERS**.

On the day before your procedure at 12 pm take four (4) Dulcolax tablets. Make sure you purchase the laxative not the stool softener.

If you should become nauseated, stop for 30 minutes and then resume drinking. You have until midnight to complete the solution.

**You may not have anything to eat, drink or chew after Midnight on the day before your procedure**

If you are diabetic, take blood thinners or aspirin, heart, or blood pressure medications; please refer to special instructions given to you. Please refrain from smoking the day of the procedure. If you are asthmatic, please bring your inhalers. If you are diabetic, please bring your insulin.

**Shopping List: Clear liquids (listed above) Colyte or Golytely, and 4 Dulcolax Tablets.**