

Gastro Health
Gastroenterology Gastrointestinal Endoscopy Hepatology
PREPARATION FOR COLONOSCOPY WITH COLYTE
2 DAY AM PREP

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.

Your procedure is scheduled on: _____
Date

The Facility you are to report to: _____

Please arrive for the procedure at: _____

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:

On _____ 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, jello, Gatorade, and popsicles. **NO RED LIQUIDS.** Keep on these clear liquids all day until you go to bed.

At _____ take **2** Dulcolax Tablets.

At _____ take **1** bottle of Magnesium Citrate.

INSTRUCTIONS THE DAY BEFORE THE PROCEDURE IS SCHEDULED:

Please mix your Colyte laxative powder with one gallon of water, first thing in the morning and then refrigerate.

You will be on clear liquids only today.

On _____ at **6PM** 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.**

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 _____ on _____.

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)

Dulcolax tablets,

Magnesium Citrate 10oz

Colyte.

Please call our office if you have any questions about the preparation **239-939-9939**