

## COLYTE PREPARATION

### A. ITEMS TO PURCHASE FOR YOUR COLONOSCOPY

1. Colyte - Prescription called to:
2. 1 bottle of magnesium citrate - over the counter
3. 1 Omeprazole 20 mg tablet - Prescription called to:

**B. Starting 5 days before procedure\_\_\_\_\_Please avoid eating** Nuts, Corn, Seeds, Popcorn, Coconut, Mushrooms, and Bean sprouts. You may continue to eat a regular diet otherwise.

### C. 2 DAYS BEFORE THE EXAM

1. Mix Colyte as directed and refrigerate.
2. **AT 7:00 PM** - Drink the bottle of magnesium citrate

### D. DAY BEFORE THE EXAM

1. **You may have a low residue diet for breakfast – then clear liquids only 10:00 AM on.** A list of low residue foods and clear liquids are on the next page (make sure none of the products are colored red or purple).
2. **5:00 PM:** Drink an 8-ounce glass of the Colyte solution every 10 minutes until 3/4 the solution is gone.
3. No chewing tobacco products after midnight. .

**NOTE:** The entire gallon of solution should be consumed. You may feel cold or get chills while drinking the solution. **THIS IS NORMAL.** Continue to drink large amounts of clear liquid throughout the evening.

### E. DAY OF EXAM

1. At \_\_\_\_\_ (4 hours prior to your procedure): **Chew the 2 simethicone tablets that you were given with your instructions.** Then **immediately** drink an 8 ounce glass of the Colyte solution every 10 minutes until all of the solution is gone.
2. **AS SOON AS YOU FINISH DRINKING THE COLYTE SWALLOW THE OMEPRAZOLE 20 MG TABLET.**
3. ***NOTHING BY MOUTH AFTER:*** \_\_\_\_\_ (3 hours prior).

**This includes water, gum, and hard candies. Not following these instructions will cause your procedure to be cancelled!**

3. Please review the provided patient rights and responsibilities

LOW RESIDUE DIET - BREAKFAST ONLY UNTIL 10:00 AM THE DAY BEFORE YOUR PROCEDURE

- Milk
- Boiled, baked or mashed potatoes (without the skin)
- Eggs (poached or boiled)
- White bread
- Applesauce
- Ripe bananas
- Chicken noodle soup
- Coffee with creamer
- Ensure
- Any of the clear liquids listed below

CLEAR LIQUID DIET ALL DAY UNTIL \_\_\_ ON THE DAY OF YOUR PROCEDURE

- Clear strained fruit juices (apple, white grape, white cranberry, lemonade)
- Clear broth or bouillon
- Jell-O
- Coffee (black)
- Gatorade
- Ice Popsicles
- Italian ice
- Tea (plain)
- Kool-Aid
- Clear sodas (7-up, Sprite or Ginger Ale)

**NONE OF THESE PRODUCTS SHOULD BE COLORED RED OR PURPLE.**  
**ALCOHOLIC BEVERAGES ARE NOT CONSIDERED A CLEAR LIQUID.**

## MEDICATIONS

- STOP ALL: dietary supplements, vitamins and herbal medications 2 weeks prior to your procedure. STOP ALL IRON 3 DAYS PRIOR TO YOUR PROCEDURE.
- Take all prescribed medications as you normally do up until the day of your procedure with the exception of:
  - Effient
  - Pradaxa
  - Eliquis
  - Plavix
  - Aggrenox
  - Xarelto
  - Coumadin
- If you take Coumadin/Warfarin, you must have a Prottime/INR drawn at UPMC Carlisle on: \_\_\_\_\_ .
- The morning of your procedure take all medications that you normally take in the morning (with a small sip of water) except the following:
  - Medication 1
  - Medication 2
  - **REMEMBER TO SWALLOW THE OMEPRAZOLE TABLET WHEN YOU FINISH DRINKING THE COLYTE.**
- Bring all inhalers with you the day of your procedure.

## IF YOU ARE DIABETIC

**Insulin Dependent Diabetics:** Take ½ of your normal evening dose of insulin the evening prior to your procedure.

**DO NOT TAKE ANY ORAL OR INJECTABLE DIABETIC MEDS THE MORNING OF YOUR PROCEDURE. -**