



## COLONOSCOPY PREPARATION INSTRUCTIONS

DULCOLAX TABLETS WITH CO-LYTE, TRI-LYTE, OR NU-LYTELY BOWEL PREP

### ALL PATIENTS:

You should be on a clear liquid diet for the entire day before your scheduled colon examination. This includes bouillon, broth, clear fruit juices, and Jell-O. Please avoid red Jell-O and all milk products, however. Gatorade is a preferred beverage as it contains a good mix of electrolytes. Try to drink plenty of fluids during your day of preparation. Please stay on a low roughage diet **AVOIDING fresh fruits, vegetables, and seeds for 3 days before your procedure.** (You should have some Vaseline available for any rectal irritation during the preparation.)

### COLONOSCOPY SCHEDULED BEFORE 12 NOON

**At 2 PM** on the afternoon before your colonoscopy, take 4 Dulcolax laxative tablets (Bisacodyl, 5 mg each). These can be purchased over the counter.

**At 6 PM** begin the preparation solution (Colyte or equivalent) on ice. Colyte can be flavored with Crystal Light. You must fill the entire 4 liters with water. Drink 2 to 2.5 liters over 4 hours; an 8 oz. glass every 15 minutes. If you do not have very watery diarrhea within 4 hours, you should drink another liter of the prep solution.

### COLONOSCOPY SCHEDULED AT OR AFTER 12 NOON

**At 2 PM** on the afternoon before your colonoscopy, take 4 Dulcolax laxative tablets (Bisacodyl, 5 mg each). These can be purchased over the counter.

**At 6 PM** begin the preparation solution (Colyte or equivalent) on ice. Colyte can be flavored with Crystal Light. You must fill the entire 4 liters with water. Drink 2 liters over 4 hours; an 8 oz. glass every 15 minutes. If you do not have diarrhea within 4 hours, you should drink another liter of the prep solution.

**At 6 AM** the day of the procedure, drink another 1 liter over 2 hours; an 8 oz. glass every 15 minutes. Then nothing by mouth after 8 AM.

You can take morning medications with a sip or two of water only. Otherwise, no food or drink by mouth for 4 hours before your procedure. Please avoid all aspirin, Advil, Motrin, Aleve, or any other anti-arthritis medication for 5 days prior to the procedure, unless instructed otherwise. Celebrex and Tylenol can be taken. If you are on an oral-diabetic medication, do not take it on the morning of the test. If you are on Insulin, Coumadin, Plavix, Persantine, or other blood thinners, please make sure our office has given you specific instructions at least a week in advance.

If you have sleep apnea and use a CPAP machine, you must bring it with you for colonoscopy.

**If you do not receive a confirmation call from your doctor's office at least 4 days before your procedure, please call yourself to confirm the appointment.** If you have any questions about your preparation or procedure, please do not hesitate to call.

### IMPORTANT INFORMATION

- You will need to arrive at the hospital 1 hour before your procedure. Bring a list of your medications and allergies.
  - You must make arrangements to be accompanied by another adult to drive you home after the colonoscopy.
  - You should be ready to go home an hour after the completion of the procedure.
  - You may not drive or operate machinery until the next day. Hospital policy does not allow a taxi (or GLSS) ride home.
- 1/09