

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 Protime/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. -