

## 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.