

## Colyte Prep Instructions

**5 days prior to your procedure** avoid all foods which contain roughage and fiber such as seeds, nuts, beans, whole grain breads, fresh fruits and vegetables such as lettuce, cabbage, cucumbers, pickles, celery, broccoli, onions, peppers, peas, corn, and similar foods. Eat white breads only; stick with meat, dairy, eggs, juices (nothing with pulp), and other liquids during these days. *This is not the way we recommend you eat at any other time.*

You may take your normal medications unless they are listed below:

If you are a diabetic using Insulin, ask about the use of your insulin. Also, please notify our office if you are on any anti-coagulant or anti-platelet agents.

Do not take iron or calcium for **5 days** prior to your examination.

Use **Vaseline and/or 1% hydrocortisone** cream on the perianal to help with any burning or irritation.

On \_\_\_\_\_ **The day before** your test stay on a clear liquid diet. Clear fluids include clear soft drinks such as cola or 7up, apple juice, bouillon, broth, Jell-O (no red or orange), coffee, tea, water, etc. Avoid alcohol 24 hours prior to your examination.

Begin drinking the **Colyte** at 6:00pm. Consume the prep at a rate of one 8oz cup every 15-20 minutes. **ONLY DRINK HALF OF THE SOLUTION**

On \_\_\_\_\_ **The morning of** your test you will finish drinking the **Colyte** starting 5 hours before you leave your house. Please finish the 2<sup>nd</sup> half of gallon in its entirety (1 cup every 15-20 minutes). If you finish the **Colyte** and your stools are not clear/liquid please call the endoscopy center at 208-743-6200.

Before the colonoscopy, you will receive medication to relax you and minimize any discomfort. **You must bring someone with you to drive you home. You should not drive until the next morning after your procedure.** If any indications of serious illness are found you and/or your family will be notified immediately following the procedure by the doctor. In other cases, the nurse will give you a preliminary report. A complete and detailed report and follow up with the doctor will be scheduled at the time of your discharge.

After your examination, you may resume your normal diet unless special instructions have been given to you upon discharge. Common side effects of colonoscopy are gaseous distention or minor lower abdomen cramping that usually resolves rapidly and requires no treatment. If you should develop a large amount of rectal bleeding, severe abdominal pain or fever, you should contact your physician immediately.

Report to St. Joseph Regional Medical Group Gastroenterology- **1630 23<sup>rd</sup> Ave. Suite 801**