

## 2 Day Colonoscopy Preparation Instructions – COLYTE

*Please read carefully 10 days before your procedure.*

IF YOU ARE ON BLOOD THINNERS (COUMADIN, PLAVIX, etc.), INSULIN OR OTHER DIABETIC MEDICATIONS, PLEASE LET US KNOW AND CHECK WITH YOUR PRIMARY OR REFERRING PHYSICIAN FOR INSTRUCTIONS.

**Not following these instructions may result in cancellation.**

### General Endoscopy Information

- Do not chew gum or suck on hard candy the day of your procedure.
- You must have a responsible adult to accompany you home after the procedure. This person must pick you up in the endoscopy unit. If you do not have a responsible adult to accompany you home, your procedure will be cancelled.
- You may not operate a motor vehicle for the remainder of the day following your procedure.
- You may not take a taxi, Uber or bus home unless accompanied by a responsible adult.
- If your insurance company requires a REFERRAL, YOU MUST BRING IT WITH YOU. Also, please bring your current insurance card(s), copay (if applicable), and a current picture ID with you on the day of your procedure.
- Our office will contact your insurance carrier to verify coverage and, if required, obtain preauthorization for your procedure. However, preauthorization is not a guarantee of payment and you will be responsible for any deductibles, copays, co-insurance, and/or any other plan specific out-of-pocket expenses.
- Dependent upon your family history, personal history, prior gastroenterology diagnoses, or findings discovered during your colonoscopy, your procedure may be considered preventative or diagnostic. This determination will not be made until after the procedure has concluded and will be based upon the findings of your exam. In our experience, many insurance carriers cover preventative and diagnostic colonoscopies differently, and as a result, your out-of-pocket payment may also differ. If you have any questions about your coverage, please contact your insurance carrier directly.

If you have any questions, please contact your GI physician's office during normal business hours.

### Preparation Instructions

#### **Nine (9) days before the procedure date:**

1. **Daily MiraLAX – you will need to purchase a bottle of MiraLAX from any pharmacy.**

This is over the counter and does not require a prescription.

- a. Please take one scoop (mixed in an 8 oz. glass of water) once daily for 7 days prior to your 2-day prep.
- b. Avoid any salads or high fiber foods including wheat bread, nuts, seeds, popcorn, and fiber supplements.

- c. Fill your prescriptions for your bowel prep. You should have two Colyte prescriptions.

### **Two (2) days before the procedure: Full Dose**

1. *Drink only clear liquids the entire day.* No solid food should be taken. Clear liquids include: water, clear soup or broth, apple juice, white grape juice, pulp free lemonade, sprite, ginger-ale, coffee or tea without milk or nondairy creamers, plain Jell-O (no added fruit or toppings, no red, purple, or blue Jell-O). See clear diet below.
2. **5 p.m.** – Gavilyte, Golytely, Nulytely or Colyte Prep: mix the powder with water in the provided plastic container to the “fill” line and chill in the refrigerator. *Begin drinking the solution at approximately 5 p.m.* Drink one 8-ounce glass every 10 – 15 minutes until the solution is finished, which takes approximately 4 hours. *You must drink the entire solution.*
3. You may add “Crystal Light” powdered lemonade (as an alternative to the flavor packets) to the solution to improve its taste.
4. *No solid food should be taken during or after the prep. Please continue to drink clear liquids until you go to sleep.*

*\*It is not uncommon for individuals to experience bloating or nausea when drinking the solution. The vomiting or other symptom concern you, please call your GI physician's office during normal business hours.*

### **One (1) day before the procedure: Split Dose: 1<sup>st</sup> Half**

1. *Drink only clear liquids the entire day.* No solid food should be taken. Clear liquids include: water, clear soup or broth, apple juice, white grape juice, pulp free lemonade, sprite, ginger-ale, coffee or tea without milk or nondairy creamers, plain Jell-O (no added fruit or toppings, no red, purple, or blue Jell-O). See clear diet below.
2. Prepare the solution: Gavilyte, Golytely, Nulytely or Colyte Prep: mix the powder with water in the provided plastic container to the “fill” line and chill in the refrigerator. *Begin drinking the solution at approximately 5 p.m.* Drink one 8-ounce glass every 10 – 15 minutes until the solution is finished, which takes approximately 4 hours. *You must drink the entire solution.*
3. You may add “Crystal Light” powdered lemonade (as an alternative to the flavor packets) to the solution to improve its taste.
4. *No solid food should be taken during or after the prep.*
5. **At 5 p.m.:** Begin 1<sup>st</sup> dose of the prep solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until half of the prep solution is finished. If you feel full or nauseated by drinking the solution, then slow down and finish the first half of the solution before midnight.
6. Please continue to drink clear liquids until you go to bed.

### **The day of your procedure: Split dose – 2<sup>nd</sup> half**

1. **6 hours before your procedure time:** Start 2<sup>nd</sup> dose of prep solution. Depending on your procedure start time this may require waking up early to complete the prep.

2. Drink the solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until you finish the entire solution.
3. It is important that you finish the remaining 2 liters of the prep solution at least **4 hours** before your scheduled procedure.
4. **Complete 2<sup>nd</sup> dose 4 hours prior to your scheduled start time. Do not take anything by mouth starting 4 hours before your procedure.**
5. *Do not eat hard candy or chew gum.*
6. Wear comfortable clothing that is easy to remove and leave jewelry at home.
7. Report to the Outpatient Procedure Suite, on the 1st floor of the Main Hospital.
8. Once you enter the Endoscopy Suite, you will be asked to put on a hospital gown. A nurse will review your medical history with you (Bring a list of your current medication, allergies, and a copy of your recent EKG). An intravenous line (IV) will be started for your sedation during the procedure.
9. *When your procedure is done, you will remain in the recovery room for up to 1 hour.*
10. Your doctor will discuss the results of your procedure with you and give you a written copy of the report.

<b>CLEAR LIQUID DIET</b>	
<b><u>THESE ITEMS ARE ALLOWED:</u></b>	<b><u>THESE ITEMS ARE NOT ALLOWED:</u></b>
Water	Milk
Clear broth: beef or chicken	Cream
Juices	Milkshakes
<ul style="list-style-type: none"> <li>• Apple juice or cider</li> <li>• White grape juice, white cranberry juice</li> <li>• Tang</li> <li>• Lemonade</li> </ul>	Tomato juice
Soda (clear color)	Orange juice
Tea	Cream soups
Coffee (without cream)	Any soup other than the listed broth
Clear gelatin (without fruit)	Oatmeal
Popsicles (without fruit or cream)	Cream of Wheat
Italian ices	Grapefruit juice

**PLEASE NOTE:** It is extremely important to follow the preparation listed above, so that the doctor will be able to see your entire colon. Your colon must be clear of any stool. Inadequate preparation limits the value of this procedure and could necessitate rescheduling of the examination.

**\* If you need to reschedule or cancel your appointment, please call you GI physician's office.**

### **FREQUENTLY ASKED QUESTIONS:**

*My procedure is in the afternoon. Can I eat in the morning?*

**A:** No period to ensure your safety during the procedure, it is important that the stomach is empty. Any food or liquid in the stomach at the time of the procedure places you at risk of aspirating these contents into the lung leading to a serious complication called aspiration pneumonia. You can drink water until 4 hours before your procedure time.

***I ate breakfast (lunch or dinner) the day before my colonoscopy. Is that okay?***

**A:** If the preparation instructions were not followed properly, residual stool may remain in the colon and hide important findings from the examining physician. In some cases if the colon preparation is not good, you may have to repeat the preparation and the exam. *If you accidentally eat any solid food the day before your exam, please call and ask to speak with a member of the nursing staff. You may be asked to reschedule your procedure.*

***I don't have a ride. Is that okay?***

**A:** No. If you do not have a responsible adult to accompany you home, YOUR PROCEDURE WILL BE CANCELLED.

***How many days prior to the procedure should I discontinue my Coumadin, Plavix or other blood thinning medications?***

**A:** If you are taking any blood thinning medications please let your endoscopist know. Generally speaking, you should quit taking your blood thinning medication 5-7 days prior to some procedures; however, you must check with your endoscopist and your prescribing physician to ensure that it is needed and safe for you to do so.

***What medications can I take the day before and the day of my procedure?***

**A:** The day prior to your procedure take your medications the way you normally would. However, for those patients taking any type of bowel cleansing preparation, be advised that you may undergo a prolonged period of diarrhea that may flush oral medications out of your system before they have time to take effect. *The morning before your procedure you should take any blood pressure or heart medications you may be on with a small sip of water.* You can hold most other medications and take them once your procedure has been completed. If you have questions about specific medication(s), please call a member of our clinical staff.

***I am diabetic. Do I take my insulin?***

**A:** You must direct the question to the physician who placed you on this medication. Please check your blood sugar the morning of your procedure as you normally would. If you have any questions about your diabetes management in conjunction with your fast for your endoscopic procedure, please consult your primary physician.

***I am on pain medication? Can I take it prior to my procedure?***

**A:** Many prescription pain medications can adversely affect the medications we use for sedation and for that reason we recommend that the day of your procedure you delay taking your pain medication until after your procedure has been completed. If you have any questions, please call a member of our clinical staff.

***I'm having a menstrual period. Should I reschedule my colonoscopy appointment?***

**A:** No. Your menstrual period will not interfere with your physician's ability to complete your procedure.

***May I continue taking my iron tablets?***

**A:** No. Iron may cause the formation of dark color stools which can make it difficult for the physician to complete your colonoscopy if your preparation is less than optimal. We recommend you stop taking your oral iron supplements at least one week prior to your procedure.

***I have been on Aspirin therapy for my heart. Should I continue to take it?***

**A:** Aspirin may affect blood coagulation. Please check with your endoscopist and prescribing physician.

***I am having a colonoscopy tomorrow. I started my colon preparation on time but now I am experiencing diarrhea and/or a bloating feeling. What should I do?***

**A:** Nausea, vomiting and a sense of fullness or bloating can occur any time after beginning your colon preparation. However, it is important that you drink all the preparation. For most people, taking an hour break from the preparation will usually help. Then continue taking the preparation as ordered. If the vomiting returns or symptoms get worse, please call your physician.

If you have any questions or concerns, please don't hesitate to call.

Sincerely,

Inova Gastroenterology Team