

# CoLYTE (GoLYTE, TriLyte, all PEG solutions) Bowel Prep

## Instructions for Colonoscopy Prep

**\*\*READ INSTRUCTIONS CAREFULLY - AT LEAST 5 DAYS PRIOR TO PROCEDURE\*\***

**DO NOT EXCEED RECOMMENDED DOSE AS SERIOUS SIDE EFFECTS MAY OCCUR**

Your physician will provide you with a prescription and you will need to obtain your Bowel Prep from your pharmacy. You may add a flavor pack (if included with your laxative) to suite your taste.

**MANUFACTURERS INSTRUCTIONS MAY DIFFER, PLEASE FOLLOW THE INSTRUCTIONS BELOW.**

**NOTE:** Individual responses to laxatives vary. This prep should cause multiple bowel movements. It often works within 30 minutes but may take up to 3 hours. **Please remain within easy reach of a toilet.** If you suffer from chronic constipation, please take 2 over-the-counter laxatives, such as Correctol or Ducolax, the day before starting clear liquids.

Multiple bowel movements may irritate the anal area, clean thoroughly after each bowel movement to prevent irritation. A diaper rash ointment may be used, if desired. However, do not wear ointment to appointment. It will cloud the endoscope lense.

**\*\*Blood Thinners.... If you take prescription blood thinners, please contact Kayla at the physicians office for instructions regarding this medication.**

If you take a fiber supplement, stop taking the supplement at least five days before your procedure.

If you take Alli, or eat foods containing Olestra, please stop until after your procedure.

### DAY BEFORE COLONOSCOPY - Clear Liquids Only

- 1) The morning before your procedure, mix solution according to package instructions. **CHILL IT!!!** Place the jug in refrigerator and let it chill until it is time to start drinking it.
- 2) Drink only "clear liquids" for breakfast, lunch and dinner. **Solid foods, milk or milk products are NOT allowed until after your procedure.**

**Consume at least 2 liters of any combinations of the following "CLEAR LIQUIDS" - avoid red and purple:**

- »Strained fruit juices without pulp (apple, white grape, lemonade)
- »Coffee or tea (without milk or creamer)
- »Kool-Aid (or other fruit flavored drinks)
- »Carbonated and non-carbonated soft drinks
- »Plain Jello (without added fruits or toppings)
- »Clear broth or bouillon
- »Water
- »Gatorade, Ice Popsicles
- »Clear soup (no noodles)
- »Slush or Icee
- »Clear Ensure

- 3) Take your usual medicines, except blood thinners. **Consult your physician if you take blood thinners.**

- 4) **At 7:00 PM, begin drinking the CoLYTE**

- » Drink an 8 oz glass of the solution every 10-15 minutes until you have consumed two-thirds (2/3) of the laxative. It is better to drink the laxative quickly instead of sipping it.
- » Follow the laxative with at least 24 ounces of any clear liquid before going to bed.
- » If you become nauseated, take a short break from drinking the solution. Resume drinking as soon as you are able.



- » **Be sure you have consume two-thirds (2/3) of the CoLYTE solution before you go to bed.**
- » Feelings of bloating, abdominal fullness and nausea are common after the first few glasses of CoLyte. This is temporary and should subside once bowel movements have begun.
- » Please stay close to the toilet facilities.

### DAY OF EXAMINATION - Clear Liquids Only

**Four (4) hours before you must leave for your appointment:**

- » Drink the remaining one-third (1/3) of CoLYTE solution.
- » After you have finished the remaining CoLYTE solution,  
**DO NOT DRINK ANYTHING ELSE PRIOR TO YOUR EXAMINATION**
- » Stay close to the toilet facilities.
- » Take heart and blood pressure medications as normal.
- » For diabetic medications, consult with your prescribing physician.
- » Arrive for colonoscopy at your scheduled time.



**NOTE:** The laxative prep is intended to evacuate your colon. Ideally your bowel movements, prior to leaving for your procedure, should be fairly clear. You should be able to see the bottom of the toilet. Mucous, sediment and color tint are normal. If your bowel movements are dark or have substance, please give yourself one or two Fleets® enemas or call office for additional instructions.