

Instructions For Colonoscopy

Day Before Examination

- 1** In the morning, prepare your prescribed solution according to the instructions on the package and refrigerate. Have a clear liquid breakfast.
- 2** Have a clear liquid lunch. Clear liquids include black coffee or tea, clear fruit juices (apple or white grape), light soup, broth or bouillon, non-red gelatin dessert.
- 3** You should not eat any food after your clear liquid lunch.
- 4** At 2pm; begin drinking the solution as instructed - 8oz every 10 - 15 minutes - until bottle is empty. (Rapidly drinking a glassful is better than sipping an ounce or two at a time).
 - You will have consumed several glassfuls before having the first loose, watery bowel movement
 - Initially you may feel slightly bloated, but will become more comfortable as you continue to have bowel movements. If you feel nauseous, you may slow the rate of ingestion.
 - It will take approximately 3 hours to finish the solution. Diarrhea will continue for about 1 hour after you finish drinking the solution.
- 5** Take 3 Dulcolax tablets after you finish drinking the Colyte with Flavor Packets.
- 6** You may have clear liquids up to 6 hours before your test.

Day Of Procedure

You may have 8 oz. of clear liquid up to 6 hours before the exam.

Take one Fleet enema 2 hours before the procedure. (Optional)





COLONOSCOPY W/COLYTE

with Flavor Packs

Instructions For Colonoscopy

Notes

- » Prescribed medications for heart disease, high blood pressure and asthma may be taken prior to your procedure. All other medications including diabetic medications should be brought along with you to the hospital or office to be taken after your procedure.
- » If you take Coumadin or aspirin, please inform your doctor. If you take aspirin or Coumadin regularly, you should check with your primary care physician about discontinuing it temporarily.
- » Do not take aspirin, aspirin-type products, nonsteroidal, anti-inflammatory products (such as Advil or Motrin), or an product containing aspirin for **seven (7) days prior to the examination.**
- » If you take Insulin, check with your physician about adjusting the dosage.
- » You should continue taking all other regular medications. You may take Tylenol.
- » Please advise your doctor if you have any problems with a heart valve or if you have a heart murmur.
- » Do not eat foods containing seeds for five days prior to your procedure, i.e. sesame or poppy seeds, straw
- » If you have questions, please call our office at the below number.

Procedure

Your colonoscopy will take place on:

DATE: _____

TIME: _____

Please arrive _____ before our scheduled appointment at:

On the day of your colonoscopy you will receive intravenous sedation. These medications will impair your driving ability. You must arrange for someone to take you home after the procedure. You should not drive until the

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