

ENDOSCOPY CENTER, 2 North
CHARETTE HEALTHCARE CENTER, PORTSMOUTH, VA
757-953-2003
Colyte

APPT DATE:
APPT TIME:
ARRIVE AT:
PHYSICIAN:

You are scheduled to have a **Colonoscopy**. This procedure visually examines the lining of the colon and rectum using a long, thin, flexible tube equipped with a video camera and a light. A colonoscopy diagnoses colon (large intestine) and rectal problems. Small tissue samples (biopsies) and most colon polyps can be removed through the colonoscope. In order for the procedure to be accurate and complete, the colon must be completely cleaned. Please follow all instructions. If you have questions regarding your prep or other instructions please contact the clinic at **953-2003/2004 (questions option #5; to schedule or reschedule #4)**

Note: It takes the whole Colyte prep to do a really good job. If you want an accurate examination, it is important that your preparation for the test is complete. If your colon is not well cleaned out, the test may have to be rescheduled for another day. We do NOT recommend the manufacturer's instructions as described on the prep container or box. We feel that completing the prep as stated below is much more successful for a clean bowel.

It is recommended that all females of childbearing age have a urine pregnancy test done within 72 hours prior to the procedure. This MUST be done prior to day of procedure.

If you have Sleep Apnea : C-PAP machine at home; please bring it with you.

2-3 Days before your exam

- Drink plenty of fluids starting 2-3 days prior to your procedure to avoid dehydration.
- This consists of a minimum of six 8 ounce glasses of fluid a day.
- **Follow a low residue diet: Avoid** seeds, nuts, oatmeal or other whole grains, popcorn, beans, peas, corn, salad, and peels of fruits and vegetables as these remain in the colon after the completion of the prep.

ONE Day before exam.

- **Once awake prepare solution**(OK to mix 24hrs before exam)
- Add water to the "fill line" on the bottle. Cap the bottle and shake to dissolve the powder. The mixed solution will be clear and colorless. The solution needs to be refrigerated.
- **Before 0800 You** may have a light breakfast such as yogurt, toast eggs, or pancakes, or waffles..
- **0830** After breakfast;
- Begin **drinking only clear fluids for the entire day before your procedure.**
- **YOU CAN NOT EAT ANY SOLID FOOD.** You may drink unlimited amounts
- of any type of clear fluid: water, sport drinks, apple juice, grape, and cranberry juices, beef/chicken/vegetable broth and clear sodas. Tea, coffee
- You may also eat Jell-O and popsicles, Italian ices, and hard candy.
- **Please DO NOT drink alcohol, milk or anything that is red in color.**

Prep Instructions

- **Drinking preparation between 3:00 and 5:00 PM the evening before your exam.**
- Shake the container well. Drink an 8oz glass about every 10 minutes as tolerated until you have finished HALF of the solution, (about 8 glasses).
- **YOU MUST DRINK ONE HALF OF THE GALLON OF PREP**
- Feelings of bloating, chills and/or nausea are common after the first few glasses due to the large volume of fluid ingested.
- This is temporary and will improve once bowel movements begin. If you begin to feel sick to your stomach after beginning the Colyte, take a short break until the feeling passes.
- Most people have a bowel movement within an hour or two of starting the laxative. Sometimes, there may be a delay of four hours. You just need to be patient. Just remember to stay close to a bathroom.
- Tucks/baby wipes and Charmin Plus toilet tissue may help with irritation after the numerous bowel movements.

- **Refrigerate the remaining half of prep for morning dose.**

Day of exam

- Finish drinking the last HALF of the preparation (8 more glasses), **no later than 3 hours** before leaving home for your colonoscopy appointment; it is recommended that you begin drinking 4-5 hours before your appointment time. (Example: 8:00 am appointments need to complete their preparation no later than 4:00 am.)
- **YOU NEED TO DRINK THE ENTIRE CONTAINER OF THE PREPARATION BEFORE YOUR PROCEDURE.** Drinking an 8oz glass of solution will lead to the best results.
- **After completing solution; you may have clear liquids up to 3 hours before your arrival time.**

Do Not Drink ANYTHING INCLUDING WATER after

Arrive at the GI Clinic@ (1 hour before your scheduled appointment).

- Upon arrival, check in at the front desk. (with driver present)
- You do not need to be in uniform. Wear comfortable clothing.
- Plan to spend about 2-4 hours in the Endoscopy Center.
- **Do Not** wear jewelry, make-up or nail polish to appointment.

MEDICATIONS & SPECIAL MEDICAL CONDITIONS

- On the day of your procedure, please be ready to give the name and date of last dose of any and all drugs (OTC and prescribed) taken recently.
- **You may continue to take over the counter pain relievers and aspirin products up through the procedure unless otherwise directed**
- It is okay to take sips of water to swallow your morning medications as instructed.
- **If you are unsure about a medication, please call the clinic at 757-953-2003/2004 (opt. #5).**

_____ **Continue to take prescribed blood pressure and heart medications throughout the prep**, including the morning of the procedure, with a small sip of water.

_____ **If you are diabetic:**

- Taking insulin, -evening before procedure; take ½ dose.
- Morning of procedure **DO NOT** take insulin.
- **Oral medication; do not take the morning of your procedure.**

_____ If you **are taking blood thinners** (Coumadin, pradaxa, or plavix) consult your physician.

IMPORTANT REMINDERS:

- Each patient receiving a colonoscopy will receive an IV for sedation.
- Because you receive sedation you cannot:
 - ✓ Operate machinery , including a motor vehicle until the day following your procedure
 - ✓ Sign anything legally binding or make important personal or business decisions
 - ✓ Consume any alcoholic beverages
- You can resume your normal activities the following day.

NOTE: If you cannot arrange for a driver, your procedure will need to be rescheduled. **Someone must come, stay and wait in the GI Clinic to accompany you and drive you home.** (Taxi and Bus transportation is unacceptable).