

COLONOSCOPY PREP - COLYTE - COMPLETE IN ONE DAY

YOUR PRESCRIPTION FOR COLYTE (Golytely, Nulytley or Generic is okay) HAS BEEN FAXED TO YOUR PHARMACY. YOU WILL NEED TO PICK UP YOUR BOWEL PREP AT YOUR PHARMACY BY:

_____ (AFTER 5 DAYS THE PRESCRIPTION EXPIRES)

You will also need Biscodyl (Dulcolax) laxative tablets – you will need to take 2 tablets.

- Do not buy the stool softener tablets or suppositories – it must be the laxative tablets. If you have questions, please ask the pharmacist.
- If you have a tendency to be constipated or take medications that cause constipation, also purchase Milk of Magnesia to take 2 days before your scheduled colonoscopy
- Zinc oxide or Desitin® ointment may be used to protect your skin during the bowel preparation. Apply it before starting the bowel prep to prevent irritation to the rectal area.

ON: _____ (2 DAYS BEFORE YOUR PROCEDURE):

- **Stay on a low fiber diet.** Do not eat any beans, corn, peas, tomatoes, cucumbers, nuts or any food containing seeds such as poppy, sesame, or sunflower.
- Do not eat any foods containing flax or fish oil.
- **See the low fiber diet list**
- **If you tend to be constipated – take one ounce of Milk of Magnesia on this day.**

ON: _____ (1 DAY BEFORE YOUR PROCEDURE):

- **DRINK ONLY CLEAR LIQUIDS – NO DAIRY AND NO SOLID FOOD UNTIL AFTER YOUR COLONOSCOPY.** You must be able to see through the liquid when held in a clear glass up to a light.
- **NO ARTIFICIALLY COLORED RED LIQUIDS OR RED JELLO.**
- **See the clear liquid diet list**
- On this day (one day before your scheduled procedure) mix the Colyte according to the package directions and refrigerate. It tastes better cold. Colyte is not effective if mixed too early.
- You may add Crystal Light® to the solution for flavor if desired. Try it in one glassful first to see if you like the taste before mixing it in to the whole gallon. **Do not use red flavors.**
- **AT 4:00 PM TAKE 2 DULCOLAX® LAXATIVE TABLETS WITH A LARGE GLASS OF WATER**
- **AT 5:00 PM START DRINKING THE COLYTE SOLUTION.** Drink 8 ounces every 15 to 20 minutes until the gallon is half empty. If you feel bloated or full, take a break before starting the 7:00 PM doses.
- **At 7:00 PM START DRINKING THE REST OF THE COLYTE SOLUTION.** Drink 8 ounces every 15 to 20 minutes until the **ENTIRE GALLON JUG IS GONE.**
- **Be sure to drink all of the solution.** If you feel bloated or full after the 5:00 PM drinks, take a break before starting the 7:00 PM drinks. Not completing the bowel prep or eating solid food may result in rescheduling your procedure. Results should be watery and without solid particles, however there may be a few flecks in the morning from the Dulcolax laxative.

ON THE DAY OF YOUR PROCEDURE: CLEAR LIQUIDS ONLY up until 2 hours before your procedure – NO SOLID FOOD If you are also having an upper exam, no liquids four hours before your procedures.