

**GASTROENTEROLOGY ASSOCIATES, INC.
INDIANAPOLIS, INDIANA**

COLONOSCOPY PREPARATION: *Colyte Prep*

READ ALL THESE INSTRUCTIONS AT LEAST 2 DAYS PRIOR TO YOUR APPOINTMENT TO BECOME FAMILIAR WITH THE INSTRUCTIONS. **YOU MUST BE ACCOMPANIED BY A DRIVER FOR THIS EXAM; A TAXI OR BUS ARE NOT ACCEPTABLE.**

Purchase at the pharmacy: Colyte, Golytely, TriLyte, or Nulytely as specified on your prescription. Mix the solution the evening before starting your preparation and store it in the refrigerator overnight.

THE DAY BEFORE YOUR COLONOSCOPY

1. Clear Liquid diet (see list) beginning at breakfast. Drink plenty of fluids throughout the day to stay hydrated and improve your results. **No solid food may be consumed.**
2. **AT 5PM (you can start as early as 2pm if desired):** drink 8 ounces of Colyte solution every 15-20 minutes until **HALF of the gallon (64 ounces)** has been consumed. You may serve it over ice, but be careful not to become chilled while drinking it. Drink each glass quickly and wait 15 minutes for the next glass instead of slowly sipping the entire amount.
3. **IF YOUR COLONOSCOPY APPOINTMENT IS 10AM OR EARLIER:** Start at **9pm** and finish the remaining 64 ounces of Colyte solution.
4. **IF YOUR COLONOSCOPY APPOINTMENT IS AFTER 10AM:** Start **4-6 hours before you leave for your colonoscopy appointment** and finish the remaining 64 ounces of Colyte solution. You should finish this within 2 hours.
5. You can continue to consume a clear liquid diet until **4 HOURS** prior to your appointment time unless instructed otherwise.

To reduce anal discomfort from diarrhea, it is recommended you place a small amount of Vaseline (petroleum jelly) around the anus before diarrhea begins, and reapply periodically.

List for Clear Liquid Diet (avoid red or purple colors):

Jell-O (plain, without fruit), clear Soda-pop, Apple Juice, Coffee or tea without milk or cream, Kool-aid, Popsicles, Crystal Light, Broth, Lemonade, Hard Candy (ie, mints, lemon drops, LifeSavers).

Medication Restrictions:

Warfarin, Coumadin, Jantoven, Aspirin, Plavix, or Aggrenox: Last dose 4 days before your appointment date unless told otherwise by our office. This must be discussed with your doctor.

Stop the following at least 4 days before your appointment date: Advil, Aleve, Motrin, ibuprofen, naproxen, or other similar aspirin-containing or anti-inflammatory arthritis/pain medicines.

Oral Diabetes Medications and Insulins: You must call your family doctor or diabetes doctor for instructions on how to adjust your diabetes medications the day before and the day of your test.

Other heart, blood pressure, or asthma/COPD medications: Take as usual.

Questions? Call us! East Office 355-1144 or North Office 578-2600