



## Flexible Sigmoidoscopy Colyte Prep Instructions

5 Days before Procedure	3 Days before Procedure	1 day before Procedure <b>Drink clear liquids only</b> (See list on back page)	<b>Morning of Procedure</b> <b>You MAY also receive a Fleet enema in Day Surgery</b>
<p><b>Stop taking these medications until after procedure:</b></p> <ul style="list-style-type: none"> <li>• Iron pill</li> <li>• Multivitamin with iron</li> </ul> <p>Resume after procedure as directed.</p>	<p><b>Stop taking these medications until after procedure:</b></p> <ul style="list-style-type: none"> <li>• Dicyclomine</li> <li>• Loperamide</li> <li>• Colestipol</li> </ul> <p>Resume after procedure as directed.</p>	<p><b>DIABETICS:</b></p> <p>Take <b>HALF</b> (½) of usual dose of insulin. Take diabetes pills and injectables as usual.</p> <p>At <b>12 PM</b>, take <b>2</b> bisacodyl tablets and mix prep solution.</p> <p>From <b>4 PM to 6 PM</b>, drink <b>HALF</b> (½) of the prep solution.</p> <p>Refrigerate remaining solution.</p> <div style="text-align: center;">  <p><b>NO SOLID FOOD</b></p> </div>	<p><b>6</b> hours before procedure drink the remaining prep solution over <b>2</b> hours.</p> <p>You may drink clear liquids until <b>4</b> hours before your procedure time, then nothing else by mouth!</p> <p>Take morning medications <b>4</b> hours prior to procedure:</p> <p style="text-align: center;"><b><u>DO NOT TAKE:</u></b></p> <ul style="list-style-type: none"> <li>• Diabetic pills</li> <li>• Injectables</li> <li>• Insulin</li> <li>• Psyllium powder</li> <li>• Psyllium seeds</li> </ul> <p>Resume after procedure as directed.</p> <div style="text-align: center;">  <p><b>NO SOLID FOOD</b></p> </div>

(Turn page to see clear liquid list)

## Drink plenty of fluids while on a clear liquid diet.

**\*\*NOTE: Do Not drink red or purple liquids \*\***

**\*\*NOTE: Do Not drink alcoholic beverages \*\***

The following items **are** allowed on a clear liquid diet:

- Water (plain, carbonated, or flavored)
- Black coffee or tea (**NO** cream or dairy)
- Fruit juices without pulp, such as apple, white cranberry, or white grape (**NO** grapefruit, orange, or red cranberry juices)
- Fruit-flavored beverages, such as lemonade (without pulp) or Kool-Aid®
- Carbonated drinks, such as Sprite®, 7Up®, ginger ale, seltzer, and dark sodas (cola and root beer)
- Sports drinks, such as Gatorade®/Powerade®
- Clear broths (with **NO** particles of dried food or seasoning)
- Hard candy, such as lifesavers
- Ice popsicles (without milk, fruit, seeds, or nuts)
- Gelatins, such as Jell-O®
- **If you have DIABETES: Be sure to drink liquids with and without sugar**

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