

# Colonoscopy Instructions (**Gold** / 2-day Colyte)

If you have any questions or if you wish to cancel/reschedule your appointment, please call GI at 317-988-3818 or toll-free at 1-888-878-6889 Extension 83818.

Please follow these instructions. Do not use the instructions found in the bowel prep box.

Please read these instructions carefully and follow them all for a successful procedure.

## Pre-Prep check list, things you will need:

- Have the bowel prep medication
- Have my primary care physician's number to call only if taking diabetic medications, oral or insulin, or on prescribed blood thinners
- Schedule a driver to take you to the VA, stay until the procedure is done, then take you home. The procedure will take at least 4 hours
- Have items listed on the enclosed Low Residue Diet
- Stock up on clear liquids/sports drinks to drink the day before

## 10 days before your procedure you should:

Call your primary care physician to find out how to take any diabetic, or blood thinning medications during your colonoscopy preparation

- Diabetic Medications (ORAL and / or INSULIN)
- **Blood Thinners** such as (but not limited to) Warfarin (Coumadin), Clopidogrel (Plavix), Enoxaparin (Lovenox), Prasugrel (Effient), Brilinta (Ticagrelor), Pradaxa (Dabigatran), Xarelto (Rivaroxaban), Eliquis (Apixaban)

*Continue to take your prescribed Aspirin*

## 9 days before procedure

**STOP** Metamucil or Citrucel or other bulk forming fiber agents

**STOP** Iron supplements, including multivitamins with iron

**STOP** Fish oil

**STOP** Eating high fiber foods. No raw fruits and vegetables, beans, corn, popcorn, whole grain bread or cereals (see low residue diet provided)

**STOP** Red meats such as beef or pork. *You may eat chicken, turkey and fish are fine.*

## 7 Days before your procedure

Start taking Miralax, 1 capful 2 times a day.

## 2 days before your procedure you may only have clear liquids, and you also should:

**STOP** Eating solid food of any type

**STOP** Eating milk products (such as yogurt, ice cream, etc.)

**STOP** Eating or drinking anything red, blue or purple in color

**STOP** Drinking alcoholic beverages

## Instructions for taking the Colyte prep

1. From 10:00 am to 6:00pm drink 8 ounces of your favorite clear liquid every hour. Examples of clear liquids are Gatorade, fat free broth, colas, 7Up or Sprite, black coffee, tea, jello, apple or white grape juice)

2. At 4:00 pm mix the Colyte powder with water up to the fill line and place in refrigerator.
3. At 5:00 pm take the **2** bisacodyl tablets
4. From 6:00 to 8:00 pm drink **8** ounces of Colyte every 10 minutes, until half of solution is consumed. Place remaining half of Colyte in the refrigerator.
5. From 9:00 – 11:00 pm drink 20 oz. of Gatorade or others sports drink

## The day before procedure you may on have clean liquids

### Instructions for taking the Colyte prep

1. From 10:00 am to 6:00pm drink 8 ounces of your favorite clear liquid every hour. Examples of clear liquids are Gatorade, fat free broth, colas, 7Up or Sprite, black coffee, tea, jello, apple or white grape juice
2. At 4:00 pm mix the Colyte powder with water up to the fill line and place in refrigerator.
3. At 5:00 pm take the **2** bisacodyl tablets
4. From 6:00 to 8:00 pm drink **8** ounces of Colyte every 10 minutes, until half of solution is consumed. Place remaining half of Colyte in the refrigerator.
5. From 9:00 – 11:00 pm drink 20 oz. of Gatorade or others sports drink

## The day of procedure, remember clear liquids only

### Instructions for finishing the Colyte Prep

1. 5 hours before appointment: Drink 8 ounces of Colyte every 10 minutes until gone
2. Chew the 4 simethicone tablets provided after you finish the prep solution

*Do Not drink anything else until after your procedure. You may take your essential morning medications with only a SIP of water no later than 2 hours before your procedure time*

*Do Not chew gum or have any hard candy*

### **Remember:**

- *Complete the prep 4 hours before appointment time*
- *Take your prescribed blood pressure, heart, and or seizure medications as usual - unless advised otherwise by your primary care doctor (with only a sip of water)*
- *Make sure your ride is available to take you to the facility, and then bring you back home. Your driver must remain on hospital grounds during the entire time you are here*