

Preparation for Colonoscopy

About your colonoscopy...

Your doctor has ordered a colonoscopy, which is an examination of the entire large intestine (colon). This procedure takes about 30 to 45 minutes. A flexible tube (colonoscope) is passed into the rectum then gently advanced through the large intestine, examining the inner aspect as the scope is inserted and withdrawn.

The preparation instructions for this examination are as follows:

Three days before your examination **AVOID** popcorn, nuts and seeds. A week before the exam avoid any products containing **OLESTRA** fat substitute, such as WOW potato chips.

DAY BEFORE THE EXAM

You will be on a clear liquid diet for the entire day. Clear liquids mean anything that is clear in consistency; color is not as important as consistency. Drink juices such as apple, grape or cranberry. Avoid thick and pulpy juices. Bouillon or clear broth is fine. You can have gelatin without fruit. Avoid red gelatin. Soda, coffee and tea are fine. DO NOT drink milk or dairy products.

In the morning add drinking water to the fill mark (4 liter) to the bottle of Golytely / Colyte / Nulytely. Mix thoroughly and chill. **Do not add any other ingredients or flavorings.**

Starting around 5 pm, begin drinking the chilled Colyte, Consume and 8 ounce glass every 10-15 minutes until you have consumed the entire gallon. This will take approximately 3 hours. Initially you may feel slightly bloated and nauseated. You will become more comfortable as you continue to have periodic bowel movements. You will have diarrhea until you have eliminated all the stool and only a clear yellow watery liquid is passing.

If for any reason you are unable to complete your preparation of Colyte, please call our office and the answering service will page the doctor on call for you.

Do not eat or drink after midnight.

DAY OF EXAM

BECAUSE YOU WILL BE SEDATED, PLEASE HAVE SOMEONE AVAILABLE TO TAKE YOU HOME, PUBLIC TRANSPORTATION IS NOT ALLOWED. Remember to wear loose, comfortable clothes. Women, please avoid high heels.

IF YOU ARE TAKING BLOOD THINNERS SUCH AS COUMADIN OR THE EQUIVALENT, OR DIABETIC MEDICATIONS, PLEASE INFORM THE DOCTOR, AS YOU WILL NEED SPECIAL INSTRUCTIONS.

If you are taking medicine for high blood pressure, asthma, or heart disease you will want to take these as usual. All other medications must be reviewed with the doctor.

Your colonoscopy exam is scheduled for: _____