



Mercy Endoscopy Services

INSTRUCTIONS FOR COLONOSCOPY

PEG-3350 Colyte Split Prep

Colyte, NuLyte, Golyte, Gavilyte or Trilyte (All are equivalent)

IMPORTANT- Please read these instructions upon receipt and review at least seven (7) days before your colonoscopy.

➤ PLEASE REVIEW THE FOLLOWING DETAILS UPON RECEIVING THIS PREP SHEET.

- Diabetic patients:** It is important that you receive directions on how to take your oral and injectable diabetes medication for both the day before and the day of your examination. Your diet will be restricted and your medication dosages may be altered. You should be contacted by a facility nurse at least 3 days prior to your exam, if not please call the number of the facility above or contact the physician that prescribes your diabetic medications.
- If you take a prescription blood thinner** (I.E. Coumadin, Warfarin, Plavix, Clopidigrel, Effient, Brilinta, etc.) please follow the recommendations provided to you by your gastroenterologist. Please confirm with your prescribing physician that you are able to hold this medication for the requested time frame **before** you skip any dose. If you have not been provided recommendations regarding these medications, or if your prescribing doctor does not approve of you holding the medications for the recommended time frame, please *contact our office immediately for further direction.*
- If you have **heart stents** placed within one year, or if you have **prosthetic heart valve, pacemaker** and/or **defibrillator**; Please ensure that our office is aware of this well in advance of your scheduled procedure. In some instances, special forms may need to be completed by your cardiologist and sent back to the clinic before you can be cleared to receive anesthesia for this procedure.
- If questions should arise when reviewing these instructions or if anything seems contrary to the instructions verbally provided to you by a physician or the clinic scheduler, **please contact the GI facility** where you are scheduled as soon as possible for clarification.
- Purchase the following items for bowel prep:**
 1. **Pick up Colyte or equivalent prescription that was sent in to your pharmacy -**
Please be sure that you follow the instructions on this form and not the instructions

that may be preprinted on the bottle. Do not fill the jug with water until the day before the exam in the morning.

2. **Simethicone 125mg Anti-gas chewables or soft gels** such as: Gas-X, Phazyme, Mylanta, Maalox Anti-Gas, or equivalent generic medications. These tablets are available over the counter. The Simethicone medication reduces bubble formation in your colon and improves exam quality.

➤ **SEVEN DAYS PRIOR TO COLONOSCOPY:**

- Discontinue** any oral **iron supplements** or **multivitamins that contain iron until** after your **colonoscopy** has been completed.

➤ **THREE DAYS PRIOR TO COLONOSCOPY:**

- Begin a low fiber diet until after your procedure has been completed. Low fiber foods *include* meats, eggs, dairy products, white rice, white breads, white pastas, cooked fruits, and limited portions of well cooked vegetables. Foods to avoid: beans, brown rice, raw fruits, raw vegetables, nuts, seeds, corn, and popcorn.
- Stop taking any non-steroidal anti-inflammatory drugs often identified as **NSAIDs** (I.E. Ibuprofen, Naproxen, Aleve, Etc.) until after your procedure. Tylenol is acceptable to take if needed. You may continue to take a once daily aspirin regimen during this time frame.

➤ **ONE DAY PRIOR TO COLONOSCOPY:**

- Early in the morning:** Add warm water to the fill line on the Colyte (or equivalent) jug. Shake well and refrigerate.
- Any time before 10 a.m., mix the Colyte (or equivalent) preparation. If a flavor pack was provided and you wish to use it, add it to the container. Any **non-red colored** Crystal Light™ can also be used to flavor the preparation. You may wish to flavor each glass as opposed to the entire jug and pour over ice to improve flavor.
- You must be on a clear liquid diet the entire day, beginning with breakfast. Clear liquids include any liquid that you can see through. Examples are water, tea, black coffee, clear broth, apple juice, white grape juice, sodas, sports drinks such as Gatorade, popsicles/Italian ice and Jell-O. Do not consume any solid foods or dairy products until after your colonoscopy. **Do not consume anything colored red.**
- Diabetic patients should make appropriate adjustments to oral and injectable medications as previously instructed. If you have not received instructions on these medications please contact the facility or the prescribing physician.
- Avoid all alcoholic beverages.

- Remain well-hydrated by drinking at least 8 ounces (one cup) of clear liquid every hour between 10 am and 5:00 pm.
- Start Colyte between 3 – 5 p.m.**, drink 8 ounces of the prep solution every 10 minutes until 3 liters of the prep solution has been consumed. Keep drinking the solution on schedule even though the laxative action may not begin for 2-3 hours.
- Immediately upon completion* of the 3 liters of Colyte; **Take two Simethicone** anti-gas chewable or softgel tablets with 8 ounces of clear liquid.
- Place the remaining 1 liter of Colyte in the refrigerator to consume tomorrow morning; 5 hours prior to procedure.
- Refrain from smoking the day of the procedure.

TIPS to help you through the bowel prep:

- It is best to drink the whole glass rapidly rather than sip small amounts.
- Drinking with a straw or adding a few ice cubes may help.
- If nausea or vomiting occurs, stop for 30 minutes and then resume drinking the Colyte. Feelings of bloating, abdominal fullness and nausea are common after the first few glasses of Colyte however symptoms will subside once bowel movements begin.
- Bowel movements should begin approximately one hour after the first glass of Colyte and will continue two to four hours after you finish the last glass.
- Due to the electrolyte solution in the bowel prep and frequent bowel movements, it may helpful to have some Vaseline, Balneol or A&D Ointment available should rectal discomfort occur.

For the rest of this evening you may continue to drink clear liquids, but do not eat any Jell-O or white grape juice once you have started the prep, as this may affect the prep results.

DAY OF THE EXAMINATION:

- If you normally take heart, high blood pressure or seizure medications in the morning, please do so with a small sip of water.
- 4-6 hours before your scheduled arrival time, complete the remaining liter of the Colyte prep solution. Drink 8 ounces every 10 minutes. Consume this final liter within one hour. Please note that this may require you to awaken very early in the morning in order to complete the prep. Although inconvenient, drinking the last liter of the prep at the correct time is critical to achieving the best possible result. Once complete immediately proceed with next step of prep.
- Immediately upon completion of the last liter of Colyte: Take two Simethicone anti-gas chewable or softgel tablets with 8 ounces of clear liquid. Nothing more to eat or drink following this step until after your procedure.

DO NOT eat or drink anything after completing this dose of prep solution or 4 hours prior to your procedure, including water. This requirement is for your safety and to prevent any delays in your procedure time.

- **Women:** You may be required upon arrival to undergo a pregnancy test prior to your procedure.
- Please remove any jewelry prior to leaving for the facility as jewelry cannot be worn during your procedure.
- Leave all valuables at home or with your driver.

Bring with you:

- A responsible adult, 18 years or older to drive you home, and remain at the [Mercy GI Endoscopy Center](#) for the duration of your stay. **You will be given sedation during your examination. You will NOT be allowed to leave unaccompanied, drive a car or work for the remainder of the day. You CANNOT take a cab, uber or any non-medical transportation.**
- **Insurance cards and prescription cards, legal photo ID and a list of your medications.**

If you have to **CANCEL** or **RESCHEDULE** your procedure, please call the facility at which you are scheduled.

Mercy Hospital St. Louis: 314.251.6359

Mercy Endoscopy Center- Lake St. Louis: 636.561.5450

Mercy Endoscopy Center - Des Peres: 314.984.0550

Mercy Endoscopy Center- Clayton/Clarkson: 636.256.5250