



One Day Prior to Procedure – Colyte Prep

The day before your colonoscopy: You must be on a **CLEAR Liquid Diet** the entire day. No solid food today. For optimal prep results, drink at least 8 ounces of clear liquid every hour during the waking part of your day. Approved liquids include:

Water	Apple juice	Popsicles (NOT red)
Tea	White Grape juice	Jell-O (NOT red)
Soda	lemonade	Coffee (NO cream)
Clear broth/bouillon	Gatorade	Kool-Aid (NOT red)

****NO milk, dairy products, juices with pulp or liquids with red dye. No alcohol or solid food.**

If you take **insulin for diabetes**, check with the prescribing physician regarding adjustment of your insulin dose the day prior to your procedure. For **oral** diabetic medications, take half of your morning dose of **oral** medication. Then no further oral diabetic medications until after your procedure.

The day of your procedure, do not take oral or injectable diabetic medications.

Early in the morning: Add warm water to the fill line on the Colyte jug. Shake well and refrigerate. If your prescription did not come with a flavor packet, you may add sugar free, caffeine free Mio or Crystal Light.

Between 3:00 p.m. - 5:00 p.m.: Begin drinking the Colyte. Drink 8 ounces every 10 minutes until you have consumed 3/4 (3 liters) of the Colyte jug. This should take you about two hours. Refrigerate the remaining liter of solution.

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

TIPS to help you through the bowel prep:

- If nausea becomes acute or vomiting occurs, stop for 30 minutes and then resume drinking the Colyte.
- 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.
- 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.