

Colyte Colonoscopy Preparation

Purchase the following items:

- **Prescription for Colyte or generic equivalent.**
(Follow the instructions on this form and NOT the instructions preprinted on the bottle.)
- **Over the Counter Simethicone 125mg Anti-gas soft gels** Such as: Gas-X, Phazyme (avoid Red chewable tablets. Simethicone reduces bubble formation and improves exam quality.)



Seven Days Prior to Colonoscopy:

Discontinue any oral iron supplements until after your colonoscopy.

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 pasta, cooked fruits and well cooked vegetables.

Foods to Avoid: Beans, brown rice, raw fruits and vegetables, nuts, seeds, corn and popcorn.

The Day Before your Procedure: Follow a strict clear liquid diet, the entire day.

Please avoid liquids that contain red food colorings.

Clear liquids **INCLUDE:**

- Chicken/beef/vegetable broth, apple/white grape juices, iced tea, hot tea, ANY soda, coffee with NO cream
- Popsicles (no fruit) and Jell-O
- Gatorade and Powerade
- Hard candy (Lifesavers, Jolly Ranchers), cotton candy
- Any liquid that you can hold up to a light and see through it (no sediment or particles)

Clean Out Instructions:

1. Early in the morning before 10:00 am add warm water to the fill line on the Colyte jug. Shake well and refrigerate.
2. Between the hours of 3:00pm - 5:00 pm, drink 8 ounces of the prep solution every 10-20 minutes until 3 liters of the prep solution has been consumed. If feeling nauseated it is okay to take a 30 to 60 minute break in drinking the prep.
3. After consuming the prep solution, take two simethicone anti-gas softgel tables with 8 ounces of clear liquid.
4. Place the remaining 1 liter of Colyte in the refrigerator to consume tomorrow morning; 4-5 hours prior to arrival time.

For the rest of this evening you may continue to drink clear liquids.

Please refrain from using medicinal or recreational marijuana, starting the evening prior to your procedure. The use of marijuana prior to your procedure will result in cancellation of the procedure.

The Day of the Procedure:

1. 4-5 Hours before your scheduled arrival time, complete the remaining liter of 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.
2. Immediately upon completion of prep, take two Simethicone anti-gas softgel tablets with 8 ounces of clear liquid.
3. **DO NOT EAT OR DRINK ANYTHING** after completing this dose of prep solution including water.

Your stool should be a CLEAR GREEN OR CLEAR YELLOW

Mercy GI Endoscopy Services

Nurse line: 314-387-2321 option 2

Cancel or Reschedule: 314-984-9407

Difficulty consuming your prep after hours: Physician exchange 877-998-6489

