

DIGESTIVE DISEASE CONSULTANTS

PATIENT INSTRUCTIONS FOR COLONOSCOPY

You are using the **Colyte, NuLytely, GoLytely or PEG 3350 Bowel Prep Kit**

DAY BEFORE THE PROCEDURE:

1. Drink **ONLY** clear liquids the entire day (breakfast, lunch and dinner). It is important that you drink as much fluid as you can throughout the day.
2. **NO solid foods, milk or milk products or RED liquids.**
3. Daily medications can be continued unless otherwise specified.
4. At **2 PM** drink 3 liters of the solution-8 ounces **every 15 minutes.**
5. At **10 PM** drink the last liter of the solution- 8 ounces **every 15 minutes.**
6. Do not add anything to the solution such as ice, crystal lite, sweeteners, etc.
7. Drink each glass quickly rather than drinking small amounts continuously.
8. Be sure to drink ALL of the solution.
9. Continue drinking clear liquids, at least another liter, during the course of the evening.

CLEAR LIQUIDS INCLUDE:

- Water, Coffee (Black) and Tea
- Clear fruit Juices (Apple, White Grape, Lemonade and White Cranberry) Avoid juices with pulp such as orange or grapefruit juice.
- Sodas such as Sprite, 7-Up, or Gingerale(Diet and Regular), Gatorade, Powerade, Popsicles, Jell-O (**No Red, No Purple**)
- Broth and Boullion

DAY OF PROCEDURE:

1. You may brush your teeth.
2. **You need a driver and your driver must stay at the facility. Public transportation and taxis are NOT allowed.**
3. Take **blood pressure meds, anti-anxiety meds, anti-psychotic meds, heart meds, anti-seizure and convulsant meds** with a sip of water unless otherwise specified.
4. Please bring with you:
 - Photo ID and Insurance card(s)
 - Completed Medication List – Medications **MUST** be written out. NO pre-printed, copied or lists from previous visits will be accepted.
 - Patient's Bill of Rights Form
 - Reading glasses, if applicable

No clear liquids 2 hours prior to your procedure, except for a sip of water with blood pressure, heart and anti-seizure medications or the procedure may be canceled.

Please contact the office at 407-830-8661 with any questions.