



Colonoscopy Preparation Instructions

Colyte/GoLyteLy/NuLyteLy Split Dose Bowel Preparation

Before your procedure	The day before your procedure	The day of your procedure
<p>Pick up prescription from your requested pharmacy</p> <ul style="list-style-type: none"> ▪ Reglan tablet ▪ Bowel prep solution <p>Purchase clear liquids of your choice. This is anything you can see through, however <u>NO red or purple liquids</u></p> <p>Examples of what NOT to drink are: coffee with cream, milk, orange juice etc. If you cannot see through it when held up to light, DO NOT drink</p> <p>Discuss which medications with the surgical staff you may continue during the bowel preparation process</p> <p>Arrange your ride. You will not be allowed to drive yourself home. No public transportation home unless accompanied by a responsible adult. You are not allowed to walk home</p> <p>If unable to keep your scheduled appointment/procedure or if you have questions, please call 509-488-2636, please leave a message if no answer. For urgent needs outside of business hours, please call 509-488-2636 and ask for the charge nurse.</p>	<p>Mix the bowel prep according to the instructions on the bottle</p> <ul style="list-style-type: none"> ▪ After mixing you may place the prepared solution in the refrigerator <p>No food, milk products or red/purple fluids all day.</p> <p>Bowel prep:</p> <ul style="list-style-type: none"> ▪ 5:30pm – take Reglan 10mg tablet by mouth ▪ 6:00pm – Begin drinking prepared bowel prep solution (3 liters) ▪ Quickly drink 8oz (1 cup) every 10 minutes ▪ If vomiting occurs – wait 30 minutes, then begin drinking solution in 6oz portions every 15 minutes. ▪ Refrigerate the remaining 1 liter of bowel prep solution to finish the day of your procedure <p>You may continue to drink clear liquids up until midnight. No solid foods</p> <p>Bowel movement is likely to start about 1 hour after the first glass of bowel prep solution. Bowel movements will continue 1-2 hours after you finish the last glass of bowel prep solution. Stools should begin to become watery and clear/yellow/green</p>	<p>5 hours before your procedure, finish the remaining solution</p> <p>DO NOT eat anything – including gum and mints</p> <p>You may take a few small sips of water up to two hours before your procedure. Do not exceed four ounces.</p> <p>Take approved medications with small sips of water</p> <p>All females, ages 10-55 will require a urine pregnancy test. This will be collected during the admission process. Those who have had a hysterectomy are excluded.</p>