Colyte Instructions

Name: __________________________________  Date of Exam: ________________________

Place of Exam: Creighton University Medical Center, 601 N. 30th Street. Suite #5730

Time of Exam: ___________________ Register at: __________________ (Registration – Lobby)

Your doctor has ordered a colonoscopy, which is an examination of the colon (large intestine). During the examination, you will be positioned on your left side and given some intravenous medication to help you relax. The doctor will insert a soft flexible tube (colonoscope) into your rectum and slowly pass it up into your colon. During the colonoscopy, small tissue samples, called biopsies, may be obtained for microscopic examination. To obtain these samples, a biopsy instrument is inserted through the colonoscope to remove the polyp (polypectomy). If this is done, you may expect a small amount of blood in your stool for about two days. If there seems to be a large amount of bleeding, contact your doctor as soon as possible.

If you are currently taking medication for diabetes or any blood thinners (e.g., coumadin or plavix), please follow your primary care physician’s instructions as previously discussed. Please stop Iron five (5) days prior.

Pick up the prep at least one week before at ________________________________________________.

THE DAY BEFORE THE EXAM ___________________________________________.

Add tap water to the fill line on the jug of colyte then refrigerate. We suggest that you mix the solution in the early morning so it has ample time to chill.

You will be on a clear liquid diet all day (no solid food at all). Clear broth, soda, sherbet, Popsicle, coffee, tea, apple juice, Gatorade, or hard candies are okay. No red or purple-colored liquids.

At approximately 1:00 p.m. begin your prep by taking the four (4) Dulcolax/Bisacodyl tablets at once. Four hours later, approximately 5:00 p.m., start drinking 8 oz. of colyte every 20 minutes until the jug is empty.

If you are scheduled for a procedure on or after 10:30 a.m., you may drink ½ the jug the evening before and the other ½ the morning of your procedure. On the morning of the procedure, you will need to start 5 1/2 hours prior to your procedure time and be finished drinking the prep four (4) hours prior to your procedure time. You may have clear liquids up until four (4) hours prior to your procedure.

THE MORNING OF THE EXAM

If you take medication in the morning for heart or blood pressure please take with just a sip of water.

Please report to registration located in the lobby of the hospital at the time indicated above.

Please bring a list of your current medications (name & dosage) to your appointment.

Please bring an adult to drive you home. You will be sedated for the procedure; therefore, you will not be allowed to drive yourself home. If you plan to take public transportation, you must have an adult accompany you home. The physician will speak with your family or friend directly following the procedure if they are in the waiting room.

If you have any questions regarding these instructions or the examination itself, please contact us at Creighton University Medical Center/ Gastroenterology at 449-4692.