

## COLYTE PREPARATION

### A. \*PURCHASE COLYTE WITH THE PRESCRIPTION THAT YOU WERE GIVEN.\*

**B. Starting 5 days before procedure\_\_\_\_\_ Please avoid eating** Nuts, Corn, Seeds, Popcorn, Coconut, Mushrooms, and Bean sprouts. You may continue to eat a regular diet otherwise.

### C. 2 DAYS BEFORE THE EXAM

1. Mix Colyte as directed and refrigerate.

**IF RECOMMENDED BY YOUR PHYSICIAN: Purchase and Drink one bottle of magnesium citrate on the evening of \_\_\_\_\_** (can be purchased over the counter).

### D. DAY BEFORE THE EXAM

1. **You may have a low residue diet for breakfast – then clear liquids only 10:00 AM on.** A list of low residue foods and clear liquids are on the next page (make sure none of the products are colored red or purple).
2. **5:00 PM:** Drink an 8-ounce glass of the Colyte solution every 10 minutes until 3/4 the solution is gone.

**NOTE:** The entire gallon of solution should be consumed. You may feel cold or get chills while drinking the solution. **THIS IS NORMAL.** Continue to drink large amounts of clear liquid throughout the evening.

### E. DAY OF EXAM

1. At \_\_\_\_\_ (4 hours prior to your procedure): **Chew the 2 simethicone tablets that you were given with your instructions.** Then **immediately** drink an 8 ounce glass of the Colyte solution every 10 minutes until all of the solution is gone.
2. ***NOTHING BY MOUTH AFTER:\_\_\_\_\_***(3 hours prior).

**This includes water, gum, and hard candies. No chewing of tobacco. No smoking the day of the procedure. Not following these instructions will cause your procedure to be cancelled!**

3. Please review the provided patient rights and responsibilities

**LOW RESIDUE DIET - BREAKFAST ONLY UNTIL 10:00 AM THE DAY BEFORE YOUR PROCEDURE**

- Milk
- Boiled, baked or mashed potatoes (without the skin)
- Eggs (poached or boiled)
- White bread
- Applesauce
- Ripe bananas
- Chicken noodle soup
- Coffee with creamer
- Ensure
- Any of the clear liquids listed below

**CLEAR LIQUID DIET ALL DAY UNTIL ON THE DAY OF YOUR PROCEDURE**

- Clear strained fruit juices (apple, white grape, white cranberry, lemonade)
- Clear broth or bouillon
- Jell-O
- Coffee (black)
- Gatorade
- Ice Popsicles
- Italian ice
- Tea (plain)
- Kool-Aid
- Clear sodas (7-up, Sprite or Ginger Ale)

**NONE OF THESE PRODUCTS SHOULD BE COLORED RED OR PURPLE.**  
**ALCOHOLIC BEVERAGES ARE NOT CONSIDERED A CLEAR LIQUID.**

## **MEDICATIONS**

- Stop all multiple vitamins and iron 3 days prior to your procedure.
- Take all prescribed medications as you normally do up until the day of your procedure with the exception of:

### **You will be instructed on how to take blood thinners**

- If you take Coumadin/Warfarin, you must have a Protime/INR drawn at Carlisle Hospital on:  
.
- The morning of your procedure hold all medications except the following:
  - Medication 1
  - Medication 2
- Bring all inhalers with you the day of your procedure.

## **IF YOU ARE DIABETIC**

**Insulin Dependent Diabetics:** Take ½ of your normal evening dose of insulin the evening prior to your procedure.

**DO NOT TAKE ANY ORAL OR INJECTABLE DIABETIC MEDS THE MORNING OF YOUR PROCEDURE.**