

COLYTE PREP INSTRUCTIONS

Your Exam Schedule Date: _____ **Arrival Time:** _____

Where Central Vermont Medical Center – Check in at Outpatient Registration
130 Fisher Road, Berlin, Vermont

Your Physician: Eric Asnis, MD Brendan Everett, MD Stacy Shen, MD

Planning For Your Colonoscopy Exam

7 Days Before Your Procedure

- **Review your medications. *If you take the following medication please call our office directly at Green Mountain Gastroenterology, 802-229-9144 (8:30-12:00, 1:00-5:00; Mon – Fri)***
 - **Blood thinners** (Plavix, Coumadin, Xeralto, Lovenox, Eliquis, Pradaxa, Brillinta or Aggrenox)
 - **Insulin and Diabetic medications**
- **Arrange transportation home from the hospital** for 2 ½ to 3 hours after your above arrival time **as you will have conscious sedation.** Taxi or bus transportation **is not** acceptable.
- **Purchase Colyte** (by prescription)
- **Purchase 1 box of Dulcolax laxative tablets** - you will need 2 tablets (over-the-counter)
- **Do not eat food containing seeds, nuts or popcorn/corn.**
- **Do not take iron supplements.** A multivitamin with iron is OK.

Exam Day

1. Unless otherwise instructed, morning medicines are ok to take with sips of water.
2. Five hours before arrival, begin drinking 1 glass of prep solution every 10 to 30 minutes until you complete the remaining ½ gallon of prep. Attempt to complete prep over 2 - 3 hours.
3. Nothing by mouth 2 hours prior to arrival.
4. Bring your insurance information with you to your exam.
5. Please inform the nursing staff of the quality of the prep upon arrival.

If you have any questions regarding this procedure please call our office at Green Mountain Gastroenterology 802-229-9144

The Day Before Your Exam

1. Start your day with a light breakfast (such as eggs and white toast) followed by a clear liquid diet.
Clear Liquids Include: water, soft drinks, broth, juice (without pulp), Gatorade, coffee or tea (WITHOUT CREAM), popsicles, no red or orange food dye. No Jello.
2. Unless otherwise instructed, medicines are ok to take.
3. Late afternoon (around 3 PM) take 2 Dulcolax laxative tablets.
4. Early evening (5 – 6 PM) mix Colyte with water to create a gallon of prep. Refrigeration is optional. Begin drinking 1 glass of prep solution every 15 to 30 minutes until you have consumed ½ gallon.
5. Continue to hydrate with clear liquids.

- ❖ ***This medication is designed to cause diarrhea and may also cause nausea, abdominal bloating and cramping. The goal is to make your stool a clear liquid, similar to the consistency and color of urine.***

****It is okay to add a NON-RED powdered flavored drink mix such as Crystal Light to the prep mix**