

COLYTE BOWEL PREP INSTRUCTIONS

PREP KIT: Colyte and Dulcolax (Bisacodyl) Tablets

You should have a bottle of Colyte (The pharmacist may dispense this as Nulytely or Golytely) powder (prescription) and a box of Dulcolax (Bisacodyl) tablets (over the counter). If you do not have the prescription Colyte powder, please contact your Gastroenterologist.

7 DAYS BEFORE: DO NOT TAKE IRON PILLS, PLAVIX, AGGRENOX, VITAMIN E OR ANY NON-STEROIDAL ANTI-INFLAMMATORY MEDICATION (see “Products that may thin your blood”). Tylenol or acetaminophen products are OK to use. IF YOU TAKE BLOOD PRESSURE OR HEART MEDICATION, PLEASE TAKE THEM.

5 DAYS BEFORE: DISCONTINUE COUMADIN.

24 HOURS BEFORE: DISCONTINUE HEPARIN AND LOVANOX.

***Notify your primary care physician you are doing this.**

IF YOU TAKE MEDICATION FOR DIABETES (INSULIN OR PILLS) PLEASE CALL THE DIABETES ADVICE RN AT 916-973-5440 OR YOUR PHYSICIAN FOR ADVICE ON ALTERING THE DOSAGE OF THESE MEDICATIONS PRIOR TO THE PROCEDURE.

***IF YOU ARE HAVING A SEDATED PROCEDURE, PLEASE BE SURE YOU HAVE A DESIGNATED DRIVER TO TAKE YOU HOME. WITHOUT A DRIVER, WE WILL NOT BE ABLE TO GIVE YOU SEDATIVE MEDICATIONS FOR THE PROCEDURE.**

****DO NOT FOLLOW PREPRINTED INSTRUCTIONS ON THE COLYTE BOTTLE. FOLLOW ONLY THE INSTRUCTIONS GIVEN BY THE GASTROENTEROLOGY DEPARTMENT.**

DAY BEFORE PROCEDURE:

Diet: You may ONLY have clear liquids* all day. Do not eat Jell-O after beginning to drink the Colyte.

First thing in the morning, mix the Colyte powder with a gallon of water. Close the container, shake it up and place in the refrigerator. At the same time, take 3 Dulcolax (bisacodyl) tablets.

3:00pm – Begin drinking the Colyte solution. Drink 1 cup (8oz) every 15 minutes for 4 hours. Shake the container before pouring each dose. You will drink approximately 16 cups of the Colyte solution. You may rinse your mouth with diluted lemon or lime juice, or bite on a lime or lemon wedge after each dose to control the after taste. You may also try drinking through a straw. If you get nauseated, take a break for ½ hour, and then begin again. It’s not uncommon to get chills when drinking the solution – prepare to bundle up.

If hemorrhoids become irritated, it’s OK to use Prep H, Vaseline, Desitin, etc. You may want to jump in the shower after each bowel movement instead of wiping with toilet paper. Cold baby wipes can be very useful!

After finishing the Colyte, you may have as many clear liquids* as you desire, (no solid foods, including Jell-O) up until 2 hours before your appointment time, unless you are also having an EGD (upper endoscopy). If you are having an EGD, please refer to “Instructions for EGD.”

***CLEAR LIQUIDS**

Beverages	Soups	Desserts
Water	Consommé	Jell-O
Sprite, 7-Up, Gingerale	Chicken Broth	Popsicles
Gatorades, Kool-Aid	Beef Broth	Clear hard candy
Apple Juice (mints/butterscotch)	Vegetable Broth	
White grape juice	Bouillon	

***TRY TO AVOID LIQUIDS WITH RED FOOD COLORING.
WE SUGGEST YELLOW, GREEN, BLUE OR BROWN LIQUIDS.**