



KAISER PERMANENTE

Colonoscopy (Colyte) Preparation

Kaiser Fremont Gastroenterology Department

39400 Paseo Padre Pkwy, Admitting Office - Hospital Building 1st Floor

Date: _____ **Time:** _____ **Provider:** _____

This is the date and time to report to the department. Your procedure will follow after the admission process is complete; approximately 45 – 60 minutes later. Please plan for approximately 1 to 2 hours for the entire admission, procedure and recovery time.

Purpose: To examine the entire colon (large intestine), biopsy or remove any abnormal growth and cauterize bleeding lesions.

Lab Test: Do as advised by your physician. **Coumadin patients must have PT / lab work the day prior to appointment.**

Medications (*Bring all prescription, vitamin & over the counter meds in original containers*)

- ❖ **Seven (7) days prior to your procedure:** DO NOT TAKE IRON, ASPIRIN, MOTRIN, ALEVE, RELAFEN, CELEBREX or any other non-steroidal anti-inflammatory medications. Tylenol is safe to take.
- ❖ **Day of the procedure:** **Diabetic patients** – Check your blood sugar the evening prior to and the morning of the procedure.

Insulin: You may use ½ dose of regular insulin the night before procedure.

DO NOT take any regular insulin the day of your procedure.



Diabetic tablets/pills: If you are on tablet medications for your diabetes, **DO NOT** take your medications the morning of the procedure.

High Blood Pressure medication: Take your usual dose on the morning of the procedure with a sip of water.

Diet & Prep Instructions



- ❖ **Three (3) days prior to procedure:** Avoid any vegetable, fruit or high fiber foods, as well as any fiber supplement, such as Metamucil.
- ❖ **One (1) day before the procedure:** **Do not eat solid foods** the entire day before the procedure. You may **only drink clear liquids** that you can see through, such as tea, broth, apple juice, 7-up/Sprite, Jell-o (except red).
- ❖ **At 4pm in the afternoon the day before your procedure:** Mix laxative (Colyte or Golytely) with cold water. Crystal Light sugar-free powder may be added to the liquid for flavor. Drink 8 to 10 oz of laxative every 10 – 15 minutes, completing the bottle by the end of the evening. Diarrhea will begin within 1 – 2 hours and will continue for several hours.
- ❖ **Day of procedure:** **Do not eat solid food.** You may drink only clear liquids **up to six hours before** your appointment, after this time, nothing to eat or drink.
- ❖ Upon waking, **take daily medications with a sip of water**, with exception to diabetic medications listed above.

Ride Home

- ❖ You will be sedated for this procedure and remain drowsy for the remainder of the day. A responsible adult **must drive you home**. For your own safety, unless a relative or friend is present to drive you home, your procedure **may be cancelled and rescheduled**.



Cancellation and/or Questions??

Call (510) 248-3088 Monday through Friday 9am - 12:30pm & 1:30pm - 5:00pm