



KAISER PERMANENTE

Colonoscopy/Esophagogastroduodenoscopy (Colyte) Preparation

Kaiser Hayward Gastroenterology Department

27400 Hesperian Blvd, Medical Office Building – 2nd Floor (above pharmacy)

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 of these two procedures: To examine the entire colon (large intestine), biopsy or remove any abnormal growth and cauterize bleeding tissue. Then your esophagus, stomach and duodenum will be examined, any abnormal tissue can be biopsied or removed and bleeding tissue can be cauterized as needed.

Lab Test: do as advised by your physician. **Coumadin patients must have PT / labs 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) 784-4813 Monday through Friday 9am - 12:30pm & 1:30pm - 5:00pm