

*Patient Education Sheet*

**COLONOSCOPY PREPARATION WITH COLYTE/NULYTE/GOLYTE**

This preparation solution requires a prescription which will be faxed to your listed pharmacy at the time of your pre procedure office visit. \*Pharmacies require pick up within 2 weeks of filling the prescription.

**EMMI PROGRAM:** This is an educational internet based program, which we highly recommend you viewing. You will receive instructions on how to view it at home when you schedule your procedure.

**AT LEAST ONE WEEK PRIOR:**

**Special instructions:** Patients taking a **blood thinner**, such as Coumadin or Plavix, **MUST** contact the doctor who has ordered the blood thinner. This doctor will decide whether you should stop the medication before your colonoscopy

**Diabetic patients** taking INSULIN may be given different instructions regarding this preparation and dosage. Please check with your diabetes doctor before starting preparation.

**3 DAYS PRIOR DATE:** \_\_\_\_\_

1. Stop taking all herbal supplements, vitamins, iron and fiber supplements.
2. Continue to take your daily prescribed medications. Please note recommendations on blood thinners noted above.
3. Do not eat raw fruits or raw vegetables. Cooked or canned fruit/vegetables are okay.
4. Do not eat corn, peas, seeds, popcorn or nuts.

**2 days prior Date** \_\_\_\_\_

Continue to follow these restrictions

**Day Before Procedure Date:** \_\_\_\_\_

1. Mix Colyte up to 24 hours before procedure and refrigerate if desired. You must drink the solution within 24 hours of mixing. Do not begin to drink until 6pm. See instructions below. Crystal light can be added for flavor.

2. DRINK CLEAR LIQUIDS ONLY all day  
Breakfast, lunch and dinner. NO FOOD.

No DAIRY, No Alcohol, NO gum or hard  
candy, **NOTHING RED OR PURPLE.**

May have: apple juice, white  
cranberry/white grape, popsicles (not red or  
purple), jello, Italian ice, ginger ale, Sprite,  
black coffee, black tea, Gatorade preferred.  
Drink an 8 oz glass of clear liquid every hour  
between 11am and 5pm

3. At 6pm begin drinking the Colyte. Drink an  
8 oz glass every 10 minutes until half of the  
Colyte is finished.

4. You may use Vaseline or diaper vream on  
anal area.

**Day of Procedure Date:**

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1. Beginning 5 hours before procedure. Drink  
the remaining half of the Colyte. One glass  
every 10 minutes until gone.

2. Do not put anything into your mouth for  
at least 2 hours before your colonoscopy to  
allow for safe administration of anesthesia.  
No gum, candy, or food day of procedure.

3. No diuretics or diabetic pills the morning  
of your procedure. Please take blood  
pressure/heart medications with a sip of  
water at least 2 hours prior to your  
procedure.

4. Have a responsible adult 18 years or older  
to accompany you home. This person will be  
advised to remain at the waiting room  
during your procedure.