



KAISER PERMANENTE

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INSTRUCTIONS FOR COLONOSCOPY (COLYTE)

Your appointment is with Dr. _____ on _____ at _____ in Out Patient Procedure Center, **Dept 240** on the 2nd Floor in the **GREEN AREA**. Please arrive **60 minutes** prior to your appointment and register here.

This procedure is scheduled for 2-3 hours. You will be given a sedative (versed) and a pain relief (fentanyl) by intravenous (I.V.) injection. Therefore, after the procedure you will be drowsy, and will need a driver to take you home. Your driver must be present at the start of your procedure. There will be NO EXCEPTIONS and we thank you in advance.

ONLY IF YOU ARE CURRENTLY TAKING COUMADIN YOU'LL NEED TO STOP IT 5 DAYS PRIOR TO YOUR EXAM. If you have any questions call (408) 851-3939

Stop seven (7) days prior to your appointment you should discontinue taking iron supplements, baby aspirin, or other arthritis medications such as Motrin, Naprosyn, Aleve, Nuprin, Plavix, ect. Tylenol is permitted, however it is very important for you to discuss with your primary doctor any other medications that you are taking including Coumadin, Plavix, insulin and diuretics. All patients on blood pressure medications should continue these medications during the preparation and the day of the procedure. Diuretics are the only blood pressure medications that should be stopped the day before and the day of the procedure.

The entire day before your appointment you will need to stop eating all solid foods and be on a clear liquid diet. In general, clear liquids are anything you can see through. If you cannot see through it, it is not clear. Caffeine and alcohol should be avoided because they will dehydrate you. **Only the following items are allowed:** water, vegetable broth, chicken broth, bouillon, consommé, white grape juice, apple juice, cranberry juice, 7-up, Sprite, Kool-Aid, Gatorade, crystal light, Jell-O (yellow, orange, and green only), popsicles, honey, clear or stick candy, mints, and chewing gum.

Do not eat or drink anything (including water) 2 hours before your appointment.

Colyte mixing instruction:

Colyte should be mixed as follows, not more than 48 hours prior to use:

1. Pour water into the container of powder you were given.
2. Replace the bottle cap and shake well until all ingredients have dissolved.
3. **DO NOT ADD SUGAR OR FLAVORINGS CONTAINING SUGAR TO THE COLYTE SOLUTION. CRYSTAL LIGHT IS ALLOWED TO IMPROVE THE TASTE OF THE COLYTE.**
4. Refrigerate the solution.

Bowel cleansing:

1. **Start drinking Colyte the day before @ 5 p.m. finish by 9 p.m.**
2. Drink a large glass of Colyte (about 8 oz) every 10-15 minutes. It is best to drink the whole glass rapidly, rather than sipping small amounts continuously.
3. Continue to drink the Colyte until the bottle is empty.
4. Bowel movements should occur about one hour after the first glass of Colyte. They will continue periodically for approximately 1-2 hours after you finish drinking the last glass. By this time the stool liquid should be clear or yellow.
5. Feelings of bloating and/or nausea are common after the first few glasses of Colyte because of the large volume of liquid ingested.
6. After beginning the Colyte ONLY water is ok to drink.