

**Preparation instructions for Colonoscopy — Split Colyte (a generic form of Colyte may be substituted)**  
(Follow only these instructions given by the GI Department)

5 days before your colonoscopy	2 days before your colonoscopy	The day before your colonoscopy	The day before your colonoscopy <i>(continued)</i>
<p>Read all prep instructions.</p> <p>Contact your prescribing physician for instructions on dosage of blood thinners.</p> <p>Stop herbal, oil-based vitamins and iron supplements.</p> <p>Stop all fiber supplements such as Metamucil, Citrucel, Fibercon, Benefiber and Konsyl.</p> <p>Discontinue all medicines that stop diarrhea such as Imodium, Kaopectate and Pepto Bismol.</p> <p>Avoid salads or high fiber foods including nuts, seeds and popcorn.</p> <p>Arrange for a driver to take you home after the procedure.</p>	<p>List all current medications and bring list with you the day of your procedure.</p> <p>Obtain bowel prep from your pharmacy.</p> <p>Obtain two 64 ounce bottles of Gatorade or clear liquid of your choice (no red or purple).</p> <p>If you are diabetic or have kidney disease, use water or Crystal Light instead of Gatorade.</p> <p><b>If you are diabetic, follow the instructions on the previous page.</b></p>	<p><b>TAKE ONLY CLEAR LIQUIDS ALL DAY / NO SOLID FOOD / NO ALCOHOL</b></p> <p>Drink at least 8 ounces of clear liquid every hour while awake.</p> <p>Mix Colyte with water or any clear liquid of your choice. Keep cold in refrigerator. You may add flavor packet from the pharmacy or lemonade powder for taste.</p> <p><b>REMEMBER: NO RED OR PURPLE.</b></p> <p>If your arrival time is <b>BEFORE 12 NOON</b> on the day of your colonoscopy, begin drinking Colyte the day before as early as <b>12 Noon</b> and as late as <b>6 p.m.</b> if working. Drink 8oz every 15-30 minutes until half of the gallon is consumed. If you are too full or have nausea/vomiting, stop for 20-30 minutes, and then start again.</p> <p>Then at <b>8 p.m.</b> the evening before, drink the second half of the Colyte at a rate of 8oz every 15-30 minutes until completed.</p> <hr/> <p>If your arrival time is <b>AFTER 12 NOON</b> on the day of your colonoscopy, start at <b>6 p.m.</b> the evening before and drink Colyte at a rate of 8oz every 15-30 minutes until half the gallon is consumed.</p>	<p><b>Then at 5 a.m.</b> on the day of your colonoscopy, drink the second half of the Colyte at a rate of 8oz every 15-30 minutes until the gallon is completed. <b>Finish drinking 4 hours prior to your arrival time.</b></p> <p><b>The day of your colonoscopy</b></p> <p><b>NO SOLID FOOD NO ALCOHOL</b></p> <p><b>YOU MUST</b> take your morning heart, blood pressure, asthma, and/or seizure medications with a small sip of water.</p> <p><b>PLEASE STOP ALL LIQUIDS 4 HOURS BEFORE YOUR ARRIVAL TIME.</b></p> <p><b>NO GUM OR BREATH MINTS!</b></p> <p>After your procedure, you may eat your usual diet unless otherwise instructed by your doctor.</p>

**NOTE: You must take ALL of the PREP solution, as directed to clean your bowel adequately. Even if you are passing clear liquid you must continue to take the entire dose of the prep. If you think the prep is not working, after 4:30 p.m. call Cooper University Hospital (856.342.2000) and ask for the Gastroenterology Fellow on call. During regular business hours Monday-Friday, 8 a.m.-4:30 p.m., call Cooper University Hospital @ 856.342.2047 or Cooper Digestive Health Institute @ 856.380.7750. For Salem patients, call 856.339.6040.**