

## Colyte

**\*\*\*DUE TO SEDATION, YOU ARE REQUIRED TO HAVE A FRIEND OR FAMILY MEMBER DRIVE YOU HOME. WE WILL HAVE TO CANCEL YOUR PROCEDURE WITHOUT THE APPROPRIATE TRANSPORTATION. UBER/LYFT IS ONLY ACCEPTABLE IF A FRIEND OR FAMILY MEMBER IS WITH YOU. YOUR RIDE MUST BE AVAILABLE FOR THE DURATION OF YOUR PROCEDURE. THE FACILITY CLOSSES AT 3:00. YOUR RIDE MUST BE AVAILABLE\*\*\***

### What you will need

- Colyte/NuLYTELY/GoLYTELY/GaviLyte prescription filled at your pharmacy
- Dulcolax (bisacodyl) laxative tablets 5 mg, four (4) tablets are needed (can be purchased over the counter)

**Three Days before your colonoscopy:** Follow the low residue diet. (See provided list)

**The day before your colonoscopy:** **Begin a clear liquid diet the entire day.** No food allowed. Clear liquids include apple juice, white grape juice, water, Jello (no red or purple), broth, black tea or black coffee. Coffee or tea should not include milk, milk products, cream, sugar or artificial sweetener No gum or hard candies. Stay hydrated by drinking a lot of liquids throughout the day. No gum or hard candies.

- **4PM:** Take two (2) Dulcolax (bisacodyl) tablets
- **5PM:** Take two (2) Dulcolax (bisacodyl) tablets
- **6PM:** Follow instructions from the pharmacy on how to mix the preparation solution. Drink half the preparation mixture over the next 2 hours. The solution tastes better chilled with ice and sipped with a straw. Ok to use additional non-red flavor packets if needed.
- Continue to hydrate with clear liquids.

### **The day of your colonoscopy:**

- **3AM:** Drink the other half of prescribed bowel prep mixture over 2 hours and hydrate with clear liquids.

Stool should be coming out clear to yellow liquid without any solid components. If you have any issues with drinking the bowel preparation or believe it is not working, please contact our office or covering physician to discuss further.

**IMPORTANT:** If you experience preparation symptoms (for example, nausea, bloating or cramping) pause or slow the rate of drinking the additional water until your symptoms diminish. Keep in mind all the water must be consumed.

**YOU SHOULD NOT HAVE ANYTHING BY MOUTH 2 HOURS PRIOR TO YOUR PROCEDURE.**  
Please review the medication list and all instructions thoroughly regarding your procedure.

