

COLYTE COLONOSCOPY PREP

Your physician has scheduled you for a colonoscopy. Please follow the instructions below.

- If you need to cancel or reschedule your procedure for any reason, please call the Endoscopy Scheduler at 970-663-2159 at least 48 hours prior to your exam.
- If you are unable to complete your prep, notify the Skyline Endoscopy Center at 970-663-2159. For questions after hours call 970-669-5432 and ask for the gastroenterologist on-call.
- Completely fill out the "TELL US ABOUT YOURSELF" form in your packet. Bring the completed form and your packet with you the day of your exam.**

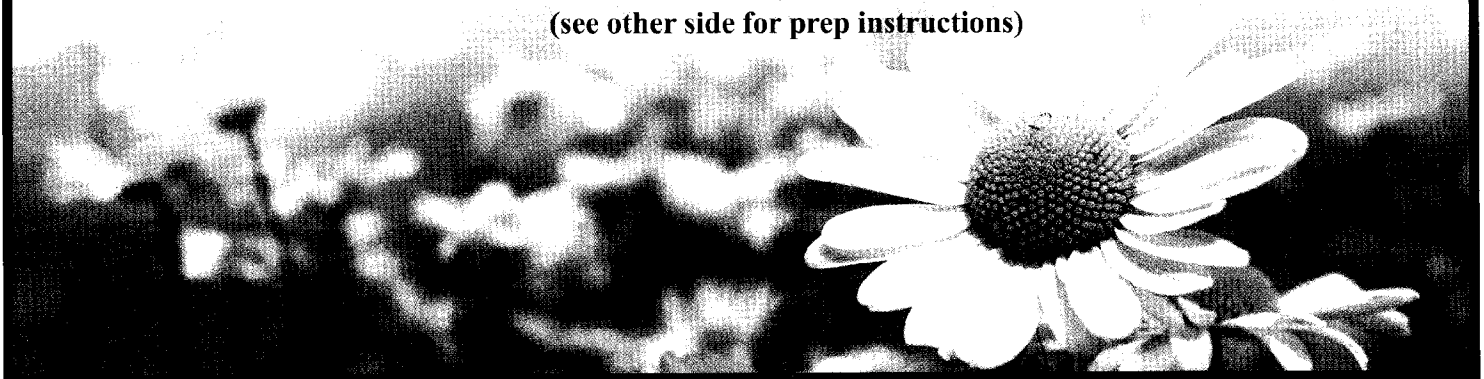
General Information:

- ✓ **If any of the following conditions apply to you, you must be seen in the endoscopist's office or obtain the endoscopist's authorization prior to your procedure. Do you:**
 - Take a blood-thinning medication?
 - Have congestive heart failure?
 - Use oxygen at home?
 - Have any implanted electronic devices?
- ✓ For 7 days prior to your procedure, try to avoid nuts, seeds and corn.
- ✓ Take your prescribed medications as you normally would up until 3 hours before your procedure.
- ✓ This laxative will cause diarrhea. Please follow the instructions on the back of this page.
Good visualization of the colon depends on adequate colon cleansing.
- ✓ Make arrangements to have a responsible adult drive you home. Your driver should plan to stay at the facility during your procedure. Public transportation (bus, taxi, shuttle) is NOT allowed unless you have a responsible adult with you.
- ✓ After the procedure, you should have an adult with you for 4 to 6 hours.
- ✓ If polyps are removed, plan to remain in this area or an area easily accessible to emergency health care for 14 days after the procedure.

DIABETIC INSTRUCTIONS:

- ✓ If you are a diabetic and your procedure is scheduled to be done in the morning, hold your medications or insulin the morning of the procedure. We suggest you check your blood sugar at least 4 times a day at mealtime and bedtime.
- ✓ If you are diabetic and your procedure is scheduled to be done in the afternoon, contact your primary care physician to confirm how to take your diabetic medications. We suggest you check your blood sugar at least 4 times a day at mealtimes and bedtime.

(see other side for prep instructions)



In advance, you will need to purchase a bottle of Colyte (Golytely, Nulytely, or other equivalent brand) by prescription from the pharmacy of your choice. Colyte prescription is included in your packet.

PLEASE NOTE: If you previously have not been able to use the Colyte type prep (laxative mixed with one gallon of water), call 669-5432 at least 24 hours before starting prep to get alternate instructions.

DRINK PLENTY OF CLEAR LIQUIDS TO PREVENT DEHYDRATION.

Suggestion: Sucking on lemon drops while you are taking the laxative may make it more tolerable.

- The day before your exam for breakfast you may have only white bread/toast, rice cereal, cream of wheat, eggs, milk, and/or juice. NO fruit, vegetables, nuts or seeds.
- After breakfast switch to clear liquids.
- On your clear liquid diet you may have only: water, coffee, tea, soda, broth, bouillon, liquid or set jello, popsicles (no red jello or popsicles), juices without pulp such as apple, cranberry or grape juice. No juice with pulp is allowed. No milk or cream products are allowed.
- At 5 p.m. mix the Colyte contents (or the brand provided by your pharmacist) with 1 gallon (4 liters) of water in the container provided. Shake or mix well. You may chill the solution but do not ice it. To improve the taste you can add Crystal Light (not red colored) to the Colyte.
- Studies show that split dosing does a better job of cleaning the colon. You will take part of the laxative the night before and the remainder of the laxative the next morning before your procedure.
- At 5:30 take one Zophran tablet.
- At 6 p.m. begin drinking the Colyte solution. Drink 8 ounces (1 cup) every 10-15 minutes until you have drunk 13 cups. This is $\frac{3}{4}$ of the gallon container. Save 4 cups (or $\frac{1}{4}$ of the container) for the next morning. You should be having clear, light yellowish, watery diarrhea. You can continue drinking clear liquids the night before your procedure.
- 5 hours before you are scheduled to arrive for your procedure, take one Zophran tablet and drink 8 ounces (1 cup) of Colyte every 10-15 minutes until you have finished the remainder of the gallon container. You should be finished drinking the Colyte solution within one hour. Drink all of the prep even if you are having clear watery diarrhea. (Your stools may initially be dark liquid when you get up in the morning. This is normal.)
- 4 hours before you are scheduled to arrive, do not eat or drink anything. (No hard candy or gum.)
- Take prescribed medications as you normally would up to 4 hours before your procedure, except for diabetic medications (see instructions for diabetic medications on front of sheet).

IF YOU ARE SCHEDULED FOR BOTH A COLONOSCOPY AND GASTROSCOPY FOLLOW THE SAME INSTRUCTIONS AS LISTED ABOVE.



COLONOSCOPY PREP — SUPREP

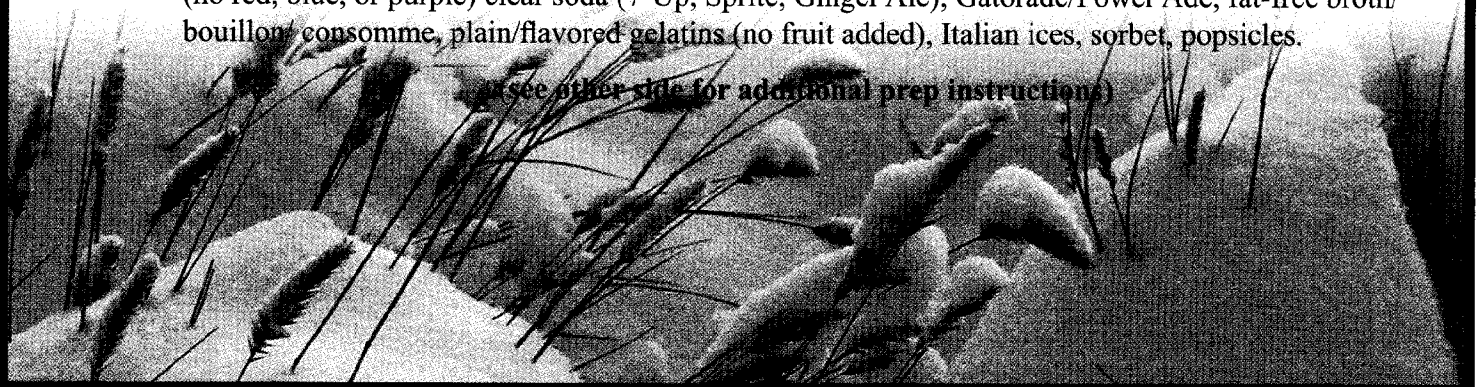
Your physician has scheduled you for a colonoscopy. Please follow the instructions below.

- Please read the following instructions carefully at least 7 days before your scheduled procedure. It is absolutely necessary that you complete the following instructions, with no changes, unless specified by your physician.
- If you need to cancel or reschedule your procedure for any reason, please call the Endoscopy Scheduler at 970-663-2159 at least 48 hours prior to your exam.
- If you are unable to complete your prep, notify the Skyline Endoscopy Center at 970-663-2159. For questions after hours call 970-669-5432 and ask for the gastroenterologist on-call.

INSTRUCTIONS:

- ✓ For 7 days prior to your procedure, avoid ALL nuts, seeds, corn and RAW green vegetables.
- ✓ Make arrangements to have a responsible adult drive you home. Your driver should plan to stay at the facility during your procedure. Public transportation (bus, taxi, shuttle) is NOT allowed unless you have a responsible adult with you.
- ✓ If you take blood thinner products: Follow the instructions for your blood thinner products as you were directed by your GI physician, cardiologist, or prescribing physician.
- ✓ If you take insulin products or oral diabetes pills: Contact your physician to obtain specific directions for dosages on the day before and day of your procedure.
- 5 days before your procedure, go to the pharmacy and pick up your prescribed Suprep kit and Zofran prescription.
- 1 day before your procedure, you may have a light breakfast. **This MUST be completed by 9a.m.** Choose from ONE of the following:
 - White bread/toast OR
 - Rice cereal OR
 - Cream of wheat OR
 - Eggs
- You may also have the following:
 - Milk
 - Juice (no red, blue, or purple)
- After 9 a.m., do not eat anything and drink only clear liquids until 4 hours prior to procedure (no red, blue, or purple). Clear liquids include: water, tea, plain coffee (no creamer or milk), clear juices such as apple or white grape juice, lemonade from powdered mix, kool aid or crystal light (no red, blue, or purple) clear soda (7-Up, Sprite, Ginger Ale), Gatorade/Power Ade, fat-free broth/bouillon/consomme, plain/flavored gelatins (no fruit added), Italian ices, sorbet, popsicles.

(see other side for additional prep instructions)



- At 6 p.m. the day before your procedure begin your first dose of prep.
 1. Take one Zofran tablet.
 2. Pour ONE 6-ounce bottle of Suprep liquid into mixing container.
 3. Add cool drinking water to the 16-ounce line on the container and mix.
 4. Drink ALL of the liquid in the container.
 5. You MUST drink two (2) more 16-ounce containers of water over the next hour.
 6. Continue drinking clear liquids for the rest of the evening.

- ✓ **Stay close to the restroom. You may use baby wipes or A&D ointment to alleviate the discomfort from your prep results.**
- You may take your medications as instructed (especially heart and blood pressure) up to 4 hours prior to checking in for your procedure.
- Follow specific directions given by your physician regarding insulin, oral diabetic pills, and blood thinners.
- Day of procedure: 5 hours prior to check-in time, drink the second bottle of Suprep.** (For example, if you are to check-in at 7:15 a.m., you will need to get up at 2:15 a.m. and drink the 2nd bottle of Suprep).
- Repeat steps 1-5 from above for second dose using the 2nd 6-ounce bottle of Suprep.
- After taking your second dose, stop all fluids.**
- Do not take any medications after completing your second dose of Suprep.**
- Nothing by mouth, including gum, mints, or candy starting 4 hours prior to your procedure until after your procedure is complete.**
- Your bowel movements will turn watery and toward the end of the prep will appear yellow or clear. If the bowel movement is not yellow or clear, notify the pre-op nurse when you arrive at the facility.

- ✓ **Appointment time:** Arrive at your appointment check-in time with your responsible adult driver. Your driver should plan to stay at the facility during your procedure. Public transportation (bus,taxi,shuttle or uber) are not allowed unless you have a responsible adult with you.

For your safety, your procedure will be cancelled if you do not have a ride home.

