



INSTRUCTIONS FOR COLONOSCOPY PREP

*****You will need to pick up the Prescription for CoLyte/GoLyteLy from your pharmacy*****

Colonoscopy: The visual examination of the large intestine (colon) using a lighted flexible fiber optic endoscope.

Note: Individual responses to laxatives do vary. This prep may cause multiple bowel movements. Often works within 30 mins; may take as long as 3 hours. If you are unable to keep the prep down, please call your physician.

*****No tomatoes or corn 2 days prior to procedure*****

Consult your Primary Care Physician if you are taking or have the following medical concerns:

Coumadin/Jantoven/warfarin: Stop it five (5) days before your colonoscopy **if approved by your physician prescribing** this medication.

Do not take this medication on the day of your procedure. Ask your physician when to resume this medication

Plavix (clopidogrel)/Pradaxa/Pletal (cilostazol)/Effient and Eliquis; Stop it three (3) days before colonoscopy-**only if approved by prescribing physician**

Brilinta: Stop five (5) days before colonoscopy- **only if approved by prescribing physician**

Aggrenox: Stop three (3) days to five (5) days prior to colonoscopy- **only if approved by prescribing physician**

Xarelto/Savaysa: Stop 48 hours before colonoscopy- **only if approved by prescribing physician**

Iron pills: Stop for seven (7) days before colonoscopy

Dialysis Treatment: Alternate treatment may be used.

****Anti-Seizure Medication:** Take at least 2 hours before the scheduled colonoscopy with a small sip of water.

****Blood Pressure/Heart Medication:** Please take your morning dose at least 2 hours before your colonoscopy with a small sip of water.

Insulin: You may need to adjust your insulin dosages. Please speak with your monitoring physician for further instructions. **Ask your physician when to resume your insulin.**

Inhalers: Please bring your "rescue" inhaler to your appointment, even if you have not needed to use it for some time.

Heart Valve Replacement/ Pacemaker with Internal Defibrillator

DAY BEFORE THE PROCEDURE

If you have been holding your Coumadin/Jantoven/Warfarin you will need a PT/INR (lab test) taken 24 hours prior to exam if requested by physician. Prepare **COLYTE/GOLYTELY according to instructions if not already mixed in gallon of water.**

YOU MAY HAVE A LIGHT BREAKFAST, CLEAR LIQUIDS THE REMAINDER OF THE DAY – **no milk or milk products**

AT 6:00 PM START DRINKING COLYTE/GOLYTELY (8OZ EVERY 10 to 15 MINUTES UNTIL ALL IS FINISHED). You may flavor with crystal light flavoring packets (no red or purple)

CLEAR LIQUIDS

Water	Strained fruit juices without pulp	Broth or Bouillon
Jello – any flavor – no red jello	Clear sodas – 7up, Sprite, Ginger Ale, etc.	Popsicles – no red or purple
Coffee or Tea without creamer	Ensure and Ensure plus (vanilla only)	No red or purple liquids

DAY OF COLONOSCOPY

- Nothing by mouth after midnight except approved medications listed above** with a sip of water. You may brush your teeth and rinse with water. NO GUM, MINTS OR LOZENGES. NO CHEWING TOBACCO**
- Bring colostomy supplies if applicable.**
- If currently menstruating please use a tampon if possible.**
- Bring a current list of medications**
- You will be medicated, and you need to bring someone with you to drive you home.**

On the day of your procedure, report to the following unless otherwise instructed by your physician:

The Endoscopy Center of Topeka, 785.354.1254
2200 SW 6th Avenue, Suite 103
Topeka, KS 66606

Check-in Date: _____
Check-in Time: _____
KMC Gastroenterology, 785-354-8518

If you are unable to keep your appointment, please notify the office within 48 hours prior to your scheduled procedure.