

Colonoscopy Instructions - 2 Day 2 Gallon Colyte Prep

Important Notes: Colonoscopies are most successful on a **FLUID** diet alongside bowel preparation.

- You **MUST** have someone drive you home after the procedure. Please arrange your ride accordingly.
- Please bring your insurance cards and photo identification on the day of your procedure.
- Please pick up the following from your preferred pharmacy:
 - Prescription only: Two gallons of Colyte (or Golytely, Trilyte etc) bowel prep.
 - Over-the-counter: Dulcolax (Bisacodyl) tablets, and Miralax.

5-7 Days Prior to the Procedure:

- Please **stop** consuming high fiber foods, such as salads, seeds, cereal, nuts, popcorn, fiber or iron supplements.
- Consume Miralax OTC (17 g, diluted in 8 fluid ounces water, juice, soda or coffee) orally 1-2 times daily
- Please **stop** taking the following medications:
 - Blood thinners/anticoagulants: Coumadin (warfarin) and Jantoven
 - Antiplatelet medications: Plavix, Pletal, Aggrenox, Agrylin, Effient, etc.
 - NSAIDs: Ibuprofen, Advil, Aleve, Motrin, naproxen, diclofenac, celecoxib, indomethacin, etc
 - Please note: Ticlid (ticlopidine) should be stopped about 10-14 days prior.
- You may continue to take Tylenol (acetaminophen), if needed.
- If recommended by your doctor, you may continue taking Aspirin (for cardiovascular conditions)

2 Days Prior to Procedure: **Do NOT** consume any **SOLID** foods. **CLEAR LIQUIDS ONLY.**

- Examples include tea, water, clear juices, broth, Gatorade, soda, and plain jello.
- Do **NOT** drink any dairy products, alcoholic beverages, or anything that is red, orange, or purple in color.
- Please **stop** taking the following blood thinners/anticoagulants: Pradaxa, Xarelto, Eliquis, etc.
- Fill the Colyte container with water, mix well, and place in the refrigerator.
- 10am: take 4 Dulcolax laxative tablets (Bisacodyl, 5 mg each)
- 5pm: Drink **FIRST HALF** of the **FIRST** gallon of Colyte.
 - Drink an 8 oz glass every 10-15 minutes until 2 liters have been consumed. This should take 2 hours.
- 8pm: Take 4 Dulcolax (Bisacodyl) tablets.

1 Day Prior to Procedure: Do **NOT** consume any **SOLID** foods. **CLEAR LIQUIDS ONLY.**

- 8am: Finish the **FIRST** gallon of Colyte.
- 10am: take 4 Dulcolax laxative tablets (Bisacodyl, 5 mg each)
- 5pm: Drink **FIRST HALF** of the **SECOND** gallon of Colyte.
- 8pm: Take 4 Dulcolax (Bisacodyl) tablets.
- 12 hours Prior to Procedure: **Stop** taking the blood thinners/anticoagulants Lovenox.

6-8 Hours Prior to Procedure: Finish the **SECOND** gallon of Colyte.

3 Hours Prior to Procedure: **NOTHING BY MOUTH.** All fluids must be consumed by now.

- If you take heart, blood pressure, seizure or other essential medications regularly, you can take your medication with a small sip of water at this time.

After Your Procedure:

- Dr. Zheng will review the results with you before you leave.
- If any polyps were removed or any biopsies were taken, the pathology reports will be available in 1-2 weeks via follow up appointment or email, per your preference.
- All results and recommendations will also be shared with your primary care provider/referring physician.

If you have any questions or concerns, please contact our office at (925) 384-9276