



Colonoscopy Prep Instructions

Colyte/ TriLyte/ Nulytely/ Golytely

Single Dose Prep

GREGORY S. SMITH, M.D.
Board Certified Gastroenterology & Hepatology

Your procedure is scheduled with: (Check one): Gregory S. Smith, M.D. _____

Patient Name: _____ DOB: _____
Procedure Date: _____ Arrival Time: _____ AM/ PM

Plan to be in the endoscopy facility up to 3- 5 hours depending on your case and recovery.

Your procedure will be performed at this facility:

Athens Endoscopy, LLC
21 Jefferson Place – Suite 2
Athens GA 30606
706-433-0788

St. Mary's Hospital
1230 Baxter Street
Athens, GA 30606
706-389-3000

Athens Regional Medical Center
1199 Prince Avenue
Athens, GA 30606
706-475-7000

1. Special Instructions: Your medical provider will let you know if you need to hold some medications prior to your procedure.—so please advise your medical provider if you are currently taking any of these:

- ♦ **Diabetic:** Hold morning dose of insulin the day of the procedure, but bring it with you to the hospital. Other instructions: _____.
- ♦ **Heart:** If you have an artificial heart valve, or have a previous history of endocarditis, or other specific indication, your doctor may need to prescribe pre-procedure antibiotics. Other instructions: _____
- ♦ **Blood Thinners:** Stop Coumadin, Plavix, Lovenox, Effient, Aggrenox, Pradaxa, and Xarelto _____ days before the procedure.
- ♦ **Please take your heart, blood pressure, thyroid and or seizure medications** the morning of the procedure with a **SMALL sip** of water, just enough water to swallow the pill. See Special Instructions for medications you can and can't take.
- ♦ **Other Medications:** Stop Aspirin Therapy, anti-inflammatory medications such as ibuprofen (Advil, Aleve, and Motrin) iron, Fish Oil, Alka-Seltzer, NSAIDS, and Herbal Supplements at least _____ days before the procedure.
- ♦ You may take Tylenol or other brands of Acetaminophen are safe to use prior to this procedure.
- ♦ **Asthma:** If you have asthma, please bring your Rescue Inhaler to your procedure as a precaution.
- ♦ **Your Info & All Medications:** Bring your license and insurance cards. Bring an updated list of your prescriptions, over-the-counter medications, vitamins and herbal medications. Include the dosages next to each medication. List allergies to any medications, including conditions that would make you sensitive to sedation.
- ♦ **Additional Instructions:** _____

2. One Day Before The Procedure:

- **Date:** _____
- 7:00 AM go ahead and mix all of the Colyte/ TriLyte in the 64oz (1/2 gallon) bottle of water. Cap and shake the solution until the mix is dissolved. Place in the refrigerator to keep cold (all solution must be used within 24 hours).
- **Have a CLEAR LIQUID DIET throughout the day, NO SOLID FOODS.**

*****CLEAR LIQUID DIET GUIDE*****

AVOID	ALLOWED
red, purple, orange colors	Jello, gelatin
Milk, cream, dairy products	popcicles
juices with pulp	broth
meats	water
grains, starches, rice, pasta, oats, bread, crackers	ginger ale, sprite, mountain dew, carbonated beverages
beans, potatoes	apple juice, white grape juice, lemonade,
fats	Gatorade/ Powerade, flavored drinks
vegetables	Tea, black coffee
solid foods	sugar, honey, syrup, salt

- **It is very important that you drink as much fluid as you can throughout the day.**

- At **5:00PM** Drink an 8oz. glass every 10-15 minutes until the solution is gone (drinking with a straw helps). It usually takes about an hour to begin to notice the diarrhea affect. You may notice some bloating or cramping at the beginning of the prep, but this usually gradually improves once the diarrhea begins.

TIP: Occasionally, some may develop nausea with vomiting. The best remedy for this is to take a break from the Prep for about an hour to allow it to move downstream, and then to resume drinking at a slower rate. It usually takes three hours to complete the entire container, and diarrhea generally continues for about one hour or two after completing the prep. Many have found that drinking through a straw and chilling the solution improves tolerance.

3. Day Of Procedure:

- ◆ **DO NOT EAT OR DRINK ANYTHING BEFORE YOUR PROCEDURE!**
- ◆ **Plan to be in the endoscopy facility up to 3- 5 hours depending on your case and recovery.**
- ◆ You may brush your teeth.
- ◆ Be sure to bring your **Driver's License, Insurance Cards and current medications** to the Center.
- ◆ **You must be accompanied by a friend or relative to drive you home or your procedure may be cancelled.** Please ask them to stay with you to speak with the doctor following your procedure.
- ◆ You **MAY NOT** drive or go home in a taxi or bus.
- ◆ No working, driving or doing anything important for the rest of the procedure day.

4. Commonly Asked Questions:

How do I know if my prep is adequate?

The stool should be watery in consistency. It does not have to be clear in color like water since digestive juices will continue to tint the stool yellow and small flecks of debris are not a problem. If there is any question, you can self-administer a tap water or fleet enema prior to leaving for the procedure.

What side effects may I expect?

Since the prep works by flooding the intestinal tract, abdominal bloating and cramping may occur, as well as some nausea and vomiting. This is usually temporary. Weakness can also occur, especially if you have not taken enough fluid with the prep, and can be remedied by increasing fluid intake.

Will the prep interfere with my other medications?

Medications taken at least an hour before beginning the prep should be adequately absorbed, but thereafter, they are likely to be washed away by the prep.

Updated kp.09.2014