# COLYTE PREP INSTRUCTIONS

## Your Exam Schedule

Date: _____ Arrival Time: _____

**Where** Central Vermont Medical Center (Outpatient Registration)
130 Fisher Road, Berlin, Vermont | 802-371-4100 | www.cvmc.org

**Your Physician** ____Eric Asnis, M.D. / Andrew Minkin, M.D.____

## Planning For Your Colonoscopy Exam

**One Week Before Your Exam**

- **If any of the following apply, please call our office directly at Green Mountain Gastroenterology, 802-229-9144** (8:30 am – 12 noon, 1:00 pm – 5: 00 pm; Mon – Fri)**.**
    - I take Plavix, Coumadin, or Insulin.
    - I take diabetic medication.
    - I have concerns and would like to discuss the procedure, or feel anxious about my exam.

- **Arrange transportation home from the hospital** for 2 ½ to 3 hours after your above arrival time **as you will have conscious sedation.**
- **Purchase Colyte** (by prescription) and **1 box of at least 2 Dulcolax laxative tablets** (over-the-counter) at your pharmacy.
- **Do not eat foods with seeds or nuts.**
- **Do not take iron supplements.** A multivitamin with iron is OK.

**The Day Before Your Exam**

1. Start your day with a light breakfast (such eggs and white toast) followed by a clear liquid diet. *Clear Liquids: water, soft drinks, broth, juice (without pulp), Gatorade, coffee or tea (a small amount of cream is ok, sugar is ok), popsicles. Jello is not ok. Avoid anything with red food dye.*
2. Unless otherwise instructed, morning medicines are ok to take with sips of water.
3. Late afternoon (around 3 PM) take 2 Dulcolax laxative tablets.
4. Early evening (5 – 6 PM) mix Colyte with water only creating a gallon of prep. A chilled solution is more palatable, but do not keep refrigerated. Begin drinking 1 glass of prep solution every 15 to 30 minutes until you have consumed ½ gallon. Do not drink rapidly.
5. Continue to hydrate with clear liquids.

Exam Day

1. Unless otherwise instructed, morning medicines are ok to take with sips of water.
2. Five hours before arrival, begin drinking 1 glass of prep solution every 10 to 15 minutes until you complete the remaining ½ gallon of prep. Attempt to complete prep over 2 hours.
3. Nothing by mouth 3 hours prior to arrival.
4. Bring your completed paperwork with you to your exam.
5. Please inform the nursing staff of the quality of the prep upon arrival.

If you are interested in obtaining a copy of the consent form, which is required to be signed before all procedures at the day of the procedure, please call Central Vermont Medical Center's Endoscopy Unit at 802-371-4363.