

Pre-procedure Instructions for Colonoscopy Colyte Preparation

Dr. Cheruvattath

Please bring a list of your current medications and this instruction sheet to your appointment. You must have a driver with you who will wait for you while you are under our care. If you do not have a driver, your appointment will be rescheduled.

1. Fill your prescription for bowel prep – Golyte gallon, Suprep or Moviprep (any generic form ok).
2. If you take medications for your heart and/or blood pressure, be sure to take it at your normally scheduled times. This includes on the morning of your procedure with a small sip of water.
3. If you take medication for diabetes, do not take it until after your procedure and you have eaten. This includes oral and injection medication.
4. **Patients on certain types of blood thinners MUST stop their medication several days before the exam. Please discuss this with your physician or nurse before your scheduled procedure.**
5. You must be on a clear liquid diet the entire day before the exam. Clear liquids include Jell-O (do not consume red or purple), clear broth, strained fruit juices without pulp (apple, white grape, lemonade, etc.), water, coffee and tea (with no milk or creamer), soft drinks (orange, ginger ale, cola, 7up, sprite), Gatorade, Kool-Aid, and popsicles.
6. **The evening before your procedure**, mix the entire bottle of Colyte into the one gallon container (16 cups) of water. Drink 2 liters (1/2 of the gallon), 10 ounces every 10 minutes starting at **6PM**.
7. **The morning of your procedure**, drink the remaining 2 liters (1/2 gallon) **between 4 AM and 5 AM. Do not drink any other fluids after you have taken your prep. Remember: you are not eating solid foods.**

If you need to cancel or reschedule your procedure, please notify our office at (916) 681-6100.