

## COLONOSCOPY INSTRUCTION SHEET

Procedure date: \_\_\_\_\_ Dr. \_\_\_\_\_

On \_\_\_\_\_ call 435-6066 between 2 and 4pm for reporting time. (which will be in the morning)

On the day before your procedure, \*\* \_\_\_\_\_ \*\*, you may not eat anything all day.

You may have only clear liquids: water, clear broth, sodas, coffee (black), tea (black), clear lemonade, gatorade or powerade, apple juice, jello, popsicles(not red, green or blue). The Colyte has to be mixed with water, you may add Crystal Light lemonade flavor powder if desired.

Start drinking the Colyte at 4 pm and continue drinking it, one full glass at a time, until you have consumed the entire gallon. Do not begin drinking the Colyte unless you are at home near a bathroom. It will cause severe diarrhea soon after you start drinking. You should be finished drinking the whole gallon by 7 pm, however, if not done by then, continue until all has been consumed.

Not drinking all of the Colyte or eating anything at all on the day before your procedure will cause cancellation of your procedure due to an inadequate bowel preparation.

After completion of your bowel preparation you may drink more clear liquids until midnight. You may not have anything after midnight, not even water!

On the morning of your procedure : You may take your blood pressure meds only . Report to Admissions Office on first floor prior to coming to Same Day Surgery . Remove any jewelry and please bring a container if wearing dentures. Because you will be given sedation, you must a have a responsible adult to drive you home. Please call 435-6633 or 435-6263 with further questions.

Remember to pick up your prep at Winn Hospital pharmacy