

Colonoscopy Prep (Colyte) *Requires Prescription*
For Patients with Kidney Disease and/or CHF

Shopping List:

- ✓ 1-4000cc bottle Colyte (Need Prescription for this)
- ✓ Bisacodyl/Dulcolax 5mg pills X 4
- ✓ Simethicone/Gas-X tabs X 1
- ✓ Baby wipes and diaper cream

Prep Procedure:

One (1) day before your procedure: All day follow a CLEAR LIQUID diet ONLY.
AVOID orange, red, and purple beverages.

4 PM: Take 4 Dulcolax tabs. Mix the Colyte solution as directed on the label with one gallon (4 liters) of water.

6 PM: Start to drink the Colyte solution. Drink 8 oz every 10-15 minutes until you have finished half (1/2) of the solution.

10 PM: Take 1 Simethicone tab.

Day of your procedure, SIX (6) hours before your scheduled arrival time: You need to finish the Colyte solution. Drink 8 oz every 10-15 minutes until gone.

You must drink ALL the laxative by **FOUR (4) hours** before your arrival time.

FOUR (4) hours before you time of arrival STOP drinking all liquids!

Helpful Tips:

- Remember that on the day before your procedure you should avoid solid foods, all dairy products and alcohol.
- Recommended clear liquids include broths, teas, black coffee, Jello, popsicles, water, and sports drinks. AVOID orange, red, and purple beverages.
- You may not start to move your bowels until 2-3 hours after you drink the prep solution. Stay close to the bathroom.
- Drink the laxative through a straw or put on ice to reduce nausea.
- If you feel nauseous, try chewing gum, drinking peppermint tea or sucking on a lemon.
- For hemorrhoids, you may use Tucks pads or hemorrhoid cream.