



Jay R. Jeffrey, MD, FACS Kim Lamons, RN, CNOR

Colyte Bowel Prep for Colonoscopy

Name _____

Your Procedure is scheduled for _____

Two (2) Days Before Your Procedure:

1. Fill prescription for prep if you have not already done so
2. Eliminate high fiber foods from diet. (Raw fruits and vegetables, bran, fiber cereals, etc.)
3. Mix prep with water as directed and refrigerate. (Do not put ice in the solution.)

One (1) Day Before Your Procedure:

1. Morning - You may eat a regular breakfast
2. At 11:00 a.m. - You may have liquids only for lunch
(Soft drinks, juice, broth, jell-O, water, popsicles, tea, coffee, etc.)
3. At 1:00 p.m. - Take Reglan and Compazine tablets
4. At 1:30 p.m. - Drink prep as directed. The prep is to be **cold**, and you **must drink it all**.
5. Only water may be taken until midnight after finishing the prep.
6. After midnight, do not take anything to eat or drink until your procedure is completed.

Note: Ambulatory Surgery Staff at the hospital will call you the day before your procedure to pre-admit you and to notify you of your arrival time. If you need to call them, their number is: 870-262-6250. Please do not call our office regarding the time of your procedure.

Day of Your Procedure

1. If you normally take heart or blood pressure medicine, you may take it in the morning of your procedure with a small sip of water.
2. If you take insulin, take one-half ($\frac{1}{2}$) of your usual morning dose. If you take pills to control your sugar, do not take the morning dose.
3. You will be given sedation medicine, and you must have someone with you to drive home.