

COLONOSCOPY PREPARATION

Colyte Triple Prep

Colonoscopy Technique: A colonoscope is a fiber optic flexible scope that is inserted in the rectum after the patient is sedated. The scope is about the diameter of your finger and has a light source at the end so that the physician can see the lining of the entire large intestine, from the rectum to the cecum (where the appendix and small bowel attach to the large bowel). Factors affecting visibility of the entire lining include the presence of stool and the patient's anatomy (a fold, kink, or scar tissue that may make it more difficult for the physician to see the lining of the bowels).

Please purchase a 10 ounce bottle of Citrate of Magnesia, 4 bisacodyl (Dulcolax) laxative tablets (not stool softeners). Generics are fine. These are over the counter and DO NOT need a prescription. They DO NOT come with your Colyte. Your Colyte prescription will be sent to your preferred pharmacy location. You may receive a generic medicine instead. It will come in a gallon container.

DO NOT FOLLOW THE DIRECTIONS ON THE LABEL OF THE COLYTE.

2 NIGHTS BEFORE YOUR COLONOSCOPY:

Add water to the marking on the Colyte container, shake to mix well and refrigerate it.

THE DAY BEFORE YOUR COLONOSCOPY:

1. Begin the clear liquid diet (see instruction sheet) when you wake up. **NO FOOD MAY BE CONSUMED TODAY.** Drink plenty of these fluids during the day to stay hydrated and to improve your results. You may continue to drink clear liquids even during the time you are drinking the prep. You must stop any liquids 4 hours before your procedure start time.
2. At 10 am drink the 10 ounce bottle of Citrate of Magnesia.
3. At 5 pm begin drinking the Colyte prep solution. Drink 8 ounces every 15 minutes until half the gallon (64 ounces) is consumed. It should be completed in 2 hours. The second 64 ounces will be used later — see below.
4. At 8 pm take the 4 bisacodyl (Dulcolax) tablets.

THE MORNING OF YOUR PROCEDURE:

1. Start the second half of the prep beginning 6 hours before the start time of your procedure: _____.
Finish the second half within 2 hours. These guidelines for the timing of when to take this second 64 ounces of prep are very important, even if you are scheduled early in the morning.
2. **DO NOT** drink any other liquids during the 4 HOURS before your procedure start time.