



INSTRUCTIONS FOR COLONOSCOPY PREP
CoLyte or Golytely -- ***Prescription Required***

www.topekaendocenter.com – (785)354-1254

If you would like to review this information with a member of our nursing staff please call the center at 354-1254.

Colonoscopy: The visual examination of the large intestine (colon) using a lighted flexible fiber optic endoscope.

Have your prescription filled at your local pharmacy. **Note:** Individual responses to laxatives do vary. This prep may cause multiple bowel movements. Often works within 30 mins; may take as long as 3 hours. If you are unable to keep the prep down, please call your physician.

Consult your Primary Care Physician if you are taking or have the following medical concerns:

Coumadin: Stop it four (4) days before colonoscopy. After being off Coumadin 4 days prior to your colonoscopy, have PT/INR-PTT (lab tests) taken 24 hours prior to the colonoscopy if requested by Physician.

No coumadin on the day of your colonoscopy. Ask physician when to resume your coumadin.

Plavix: Stop it three (3) days before colonoscopy.

Dialysis Treatment

Aspirin and Iron Pills: Stop for seven (7) days before colonoscopy

Aggrenox: Stop three (3) days to five (5) days prior to colonoscopy.

Anti-Seizure Medication – take at least 2 hours before the scheduled colonoscopy with a small sip of water

Insulin: No insulin on the day of your colonoscopy. Ask your physician when to resume your Insulin.

Heart Valve Replacement

Pacemaker with Internal Defibrillator

All other medications: Take the day before, but not the day of your colonoscopy. Resume after colonoscopy.

DAY BEFORE COLONOSCOPY

1. After being off the Coumadin 4 days prior to colonoscopy, have PT/INR-PTT (lab test) taken 24 hrs prior to exam if requested by physician.
2. Prepare CoLyte or Golytely according to instructions if not already mixed in gallon of water. Refrigerate.
3. You may have a light breakfast (ie: toast, dry cereal). Clear liquids the rest of the day. **No milk or milk products.**
4. 6:00 P.M. begin drinking one glass at a time until all of the mixture is gone. You should drink 8 oz every 10 minutes.

CLEAR LIQUIDS

Water
Jello – any flavor – no red jello
Coffee or Tea without creamer

Strained fruit juices without pulp
Clear sodas – 7up, Sprite, Ginger Ale, etc.
Ensure and Ensure plus (vanilla only)

Broth or Bouillon
Popsicles – no red or purple
No red or purple liquids

DAY OF COLONOSCOPY

1. **Nothing to eat or drink after midnight.** You may brush your teeth, and rinse with water.
2. Arrive for colonoscopy at scheduled time.
3. Bring colostomy supplies if applicable
4. If currently menstruating please use a tampon if possible.
5. **You will be medicated and you need to bring someone with you to drive you home.**

On the day of your procedure report to **The Endoscopy Center of Topeka**
(East of 6th and MacVicar)

2200 SW 6th Avenue, Suite 103
785.354.1254

Check-in Date: _____ Check-in Time: _____

If you are unable to keep your appointment, please notify the center within 48 hours prior to your scheduled Procedure.