

## THE ENDOSCOPY CENTER, PLLC

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### PREPARATION INSTRUCTIONS FOR COLONOSCOPY with/COLYTE/TRILYTE/PEG-3350

**Patient name:** \_\_\_\_\_ **Location:** The Endoscopy Center, Suite 810 Alexandria Hosp.

**Step 1:** Please read the following information regarding medications:

- If applicable, take all blood pressure and heart medications on the morning of your procedure with very small sips of water.
- If you are taking *aspirin, blood thinners, or iron supplements*, i.e. **PLAVIX, COUMADIN**, please **STOP** taking these medications **THREE** days before your procedure. Please ensure that you have discussed this with your physician.
- If you have diabetes, **DO NOT** take your diabetic medication (pills or insulin) until **after** your procedure.
- Please bring these medications with you to take after your procedure. Please consult with your doctor if you have any concerns regarding your medications.

**Step 2:** Please purchase one gallon of **Colyte** at any pharmacy- prescription is attached AND **Dulcolax tablets**. Dulcolax is found over the counter in the laxative aisle at any pharmacy/grocery, so you need to obtain this **SEPARATELY** from the Colyte. Try to obtain these items a couple days ahead of time.

**Step 3: Two days before the procedure** \_\_\_\_\_

Take four (4) **Dulcolax tablets** with water after dinner or by 9:00 p.m. **DO NOT** chew or crush tablets. Do not take the Dulcolax tablets within one hour of taking an antacid.

**Step 4: The day before the procedure** \_\_\_\_\_

**Important!** For the entire day before your exam, you can **not** eat anything solid. **AVOID** bread, rice, and any other solids. You can **only** have creamy milk products like milk, yogurt, pudding, ice cream, or milkshakes. You can also have eggs, Jell-O, hard candy, popsicles, and also clear liquids. Clear liquids include: water, coffee, tea, milk, soda, chicken or beef broth. You must have these items before 5:00 pm because after that, you will be taking the preparation and clear liquids only. **After 5:00 p.m. drink only clear liquids.**

**Step 5:** Mix the gallon of Colyte with water and refrigerate. Make sure that the powder is fully mixed with the water- **SHAKE WELL**. Many people find it easier to drink the Colyte if it is really cold, so you may put it in the freezer for a short amount of time. Many people also claim it is easier to drink the Colyte with a straw.

**Step 6:** At 5:00 p.m., begin taking the Colyte. Drink one 8 oz. glass about every fifteen minutes until you have finished the jug. The more you can drink, the better the cleansing. Your stools should be a liquid consistency. **DO NOT EAT OR DRINK ANYTHING, INCLUDING WATER, AFTER MIDNIGHT.**

**Step 7: The day of the procedure** \_\_\_\_\_

**DO NOT EAT OR DRINK ANYTHING, INCLUDING WATER, THE DAY OF YOUR PROCEDURE.**

PLEASE CHECK IN AT \_\_\_\_\_ A.M. / P.M. PROCEDURE WILL BEGIN AT \_\_\_\_\_ A.M. / P.M.

**\*\*\*PLEASE DO NOT BRING VALUABLES, i.e. JEWELRY, PERSONAL ITEMS TO PROCEDURE AS WE CANNOT BE RESPONSIBLE FOR THEM. If you are responsible for a deductible, please bring payment with you.\*\*\***  
**SINCE YOU WILL BE GIVEN IV CONSCIOUS SEDATION, YOU MUST HAVE A RESPONSIBLE ADULT TO DRIVE YOU HOME. NO TAXIS ARE PERMITTED & DRIVING IS PROHIBITED FOR THE REMAINDER OF YOUR PROCEDURE DAY.**

**Please have your driver pick you up in The Endoscopy Center- Kenmore Bldg. Ste 810 / Hospital**

If you have any questions after or before work hours, please call (703) 823-0333 and the on-call physician will be paged.

#### **Please note for The Endoscopy Center parking:**

If your procedure is before 8:00 am, please park in the garage-level A. This is the only elevator entrance in the early morning. Elevators are operational after 6:45 am and can be accessed from Level A. If the elevators will not go to the 8<sup>th</sup> floor, follow instructions in the elevator that explain how to get in touch with the service that will allow access to the 8<sup>th</sup> floor.

#### **Please note for HOSPITAL procedure parking:**

Please park in the pay parking lot. You will need to check into the visitor entrance and enter through the left door for the Endoscopy Suite. If your procedure check-in time is at 7:00 am, please do not arrive any earlier- the Endoscopy Suite does not open until 7:00 am.