



**COLONOSCOPY INSTRUCTIONS: Colyte/PEG 3350/Gavilyte/Golytely – Prescription Required**

**DAY BEFORE YOUR PROCEDURE (PREP DAY):**

- **CLEAR LIQUID DIET ALL DAY (no solid food)**

*EXAMPLES OF CLEAR LIQUIDS:*

Coffee (no cream)	Water
Tea	Jell-O (no red or purple)
Clear fruit juice (apple/white grape)	Gatorade (no red or purple)
Soft drinks (no red or purple)	Clear broth (chicken or beef)
Popsicles (no red or purple)	Lemonade (no pulp)

- **At 5:00pm the day before your procedure start drinking the Colyte/PEG 3350/Gavilyte/Golytely liquid.**
  - Chill in the refrigerator.
  - Liquid is good for 48 hours after mixing.
- Drink an 8-ounce glass every 15 minutes until you have drunk ½ of the container.
  - Shake liquid before drinking each glass.
- Diarrhea should start about 60 minutes after beginning drinking the liquid.
- You may continue to drink clear liquids until midnight.

**Day of Procedure: 4 hours before your procedure drink the remaining liquid.**

- Drink an 8-ounce glass of the mixture every 15 minutes.
- Prep **MUST** be completed at least 2 hours prior to your arrival.

**If your procedure is tomorrow, and you need assistance with your prep after 5:00pm call 252-962-8822.**

**Due to sedation, YOU MUST HAVE SOMEONE TO DRIVE YOU HOME AFTER YOUR PROCEDURE. We will not begin your procedure without your driver present. Failure to do so, may cause a delay or cancellation.**

**If you need to reschedule, cancel, or have any questions please contact us at 252-937-0231 option 3.**

**Medications:**

**Blood Thinners:**

- If you take blood thinners, such as Coumadin, Eliquis, Pradaxa, Xarelto, or Savaysa, please contact your Primary Care or Prescribing Doctor and ask if and when you need to STOP taking the medication prior to your procedure.
- If you take Aspirin or Aspirin containing products, you **DO NOT** have to stop these medications.

**Insulin and Diabetic Medications:**

- **DO NOT** take any insulin or diabetic medications the evening before or the morning of your procedure.
- Please remain attentive to your blood sugar levels. Check your blood sugar 2 hours before arrival. If less than 60, you may drink one cup of Ginger Ale or Apple Juice only. Recheck your blood sugar after 15 minutes, as this should alleviate any drop in your blood sugar. Call Endoscopy with questions.

**Blood Pressure Medications:**

- Please take any heart or blood pressure medications as prescribed with a sip of water. (at least 2 hours prior to your procedure time)

**Inhalers/Nebulizers:**

- The morning of your procedure, use your regularly prescribed inhalers/nebulizers and bring any rescue inhalers with you.

**Seizure Medication:**

- Please take any seizure medications with a sip of water as prescribed with a sip of water. (at least 2 hours prior to your procedure time)