COLYTE COLONOSCOPY INSTRUCTIONS | EXTENDED PREP

Please read and follow these instructions carefully.

Procedure Date:_____ Check-In Time:_____ Dr._____

Location: ☐ **Mares Campus**
820 N. Chelan Avenue, **509-663-8711**, *4th floor; Hospital side.*
Please use the elevators near the Bistro

☐ **Moses Lake Campus**
840 Hill Avenue
509-764-6400

☐ **Omak Campus**
916 Koala Drive
509-826-7924

MEDICATIONS	4 DAYS PRIOR	3 DAYS PRIOR	2 DAYS PRIOR	1 DAY PRIOR	PROCEDURE DAY
Please contact the Anticoagulation Clinic or the physician who manages your blood thinning medication for instructions. **NOTE:** Before you stop taking your coumadin / warfarin, please contact the doctor who prescribed them. **5 days prior to your procedure:** Stop all Iron (ferrous sulfate) supplements multi vitamins are ok. Please also stop all fish oil and other herbal medications. **Diabetic patients:** see enclosed instructions.	**Fill your prescriptions.** **7:00 am:** Begin a low fiber diet (see attached low fiber diet sheet) ***No nuts, seeds or popcorn from now until after your procedure.*** **Cancellations:** Please cancel your appointment, if you will not be able to make it.	**Meals and Snacks:** Continue the low fiber diet. **Ride home:** You MUST have a responsible adult accompany you to your appointment. If you show up without one, your appointment will be cancelled.	Begin clear liquid diet. (See attached clear liquid diet sheet.)	Continue clear liquid diet. **Before 9 am:** Mix Colyte according to package directions and refrigerate. Throughout the day drink 4-6 (8 oz.) glasses of water or clear liquids. The more you drink the better your prep will be. **10:00 am:** Take both (bisacodyl) Dulcolax tablets. **Noon** Begin drinking 8 oz. of Colyte every 15 minutes until you finish 2 liters. **4:00 pm** Again, begin drinking 8 oz. of Colyte every 15 minutes until you finish another 2 liters. ***If you get nauseated… slow down!*** Stop drinking the Prep for 30-60 minutes. You may eat up to 5 saltine crackers.	**Early morning:** Take your usual prescribed medication (especially blood pressure medication). Mix Colyte 5 hours before your procedure time and drink 2 liters. **3 hours before leaving home:** If your stool is not a clear or light yellow fluid, please call the office ASAP. **Within 2 hours of check-in time:** nothing by mouth

Tips for Preparation

- ✓ Vaseline and/or Tucks medicated pads help relieve anal soreness during bowel preparation.
- ✓ Refrigerating the Colyte, and using a straw, may make it easier to drink.
- ✓ If you become nauseated at any time during the prep, slow down the rate of drinking to 8 ounces of Colyte every 30-60 min.
- ✓ Please follow these instructions instead of any instructions that may have come with the Colyte.

Confluence HEALTH

The Colonoscopy Experience Step-By-Step

1. **Preparing for your colonoscopy:**
   - Plan for the prep time: Plan for a few hours the evening before and morning of your procedure to drink the prep and evacuate your bowels. Plan to be in a personal space, close to a bathroom. Diarrhea and urgency will usually begin 15 minutes to 4 hours after you begin your prep.
   - Take the day off: It is recommended that you take the day off work on the day of your procedure. You should not make any important decisions for the rest of the day following the procedure. You should not drive for the rest of the day.
   - Pick up your prep at least three to five days before your procedure.
   - If you have had trouble with IV placement please arrive an additional 15 minutes early.

2. **Billing:**
   - Please note that screening colonoscopies are often not subject to deductibles, co-pays or co-insurance. We will always try to bill a screening colonoscopy as a screening colonoscopy.
   - However, if a polyp needs to be removed or biopsies need to be done during the colonoscopy, then by law we are obligated to use the code for “colonoscopy with polypectomy” or “colonoscopy with biopsy.” In such cases, deductibles, co-pays and co-insurance may apply. Please consult with your insurance company for details.

3. **Before your procedure:**
   You will be informed of the procedure risks and sign a consent form. You will go over your health history and medications upon admissions. You will put on a hospital gown and an IV will be placed in your arm for fluids and medication.

4. **During your procedure:**
   You will be placed on your left side. You will be given medication through your IV to help you relax and make you more comfortable and drowsy. The doctor will insert the scope into your rectum to look at the lining of your rectum and colon. Air will be inserted into your colon to allow the doctor to better visualize the lining of your large intestine. Your body will want to expel the air, do not try to hold in the air as this may cause discomfort. Feel free to expel as much air as possible. You may feel mild cramping during the procedure. If it becomes worse you will be able to tell the doctor and more medication can be given. Most patients do not remember part or all of the procedure due to the medications. The procedure lasts approximately 30-60 minutes. You will then be taken to the recovery area.

5. **After your procedure:**
   You will remain in the recovery area until you are ready for discharge (usually after 30 minutes). You may feel bloating or mild abdominal cramping. Expelling air in your colon will help you feel more comfortable. You will be discharged when you are alert and stable. The doctor or nurse will speak to you about your plan of care. Remember you must have an escort to drive or accompany you home. You may return to work the morning after your colonoscopy (Not the evening of the colonoscopy).

LOW FIBER DIET

Food Group	OK to Eat	Do NOT Eat
Milk, Dairy Products 	• Milk, cream, chocolate milk, hot chocolate, milk-based drinks • Cheese, cottage cheese • Broth • Yogurt, sour cream • Custard or pudding • Ice cream or frozen desserts • Cream sauces • Soups **without** seeds or beans	• Yogurt with granola, seeds, nuts or fruit with skin in them
Breads, Grains 	• Breads and grains made from refined or **white flour** including: rolls, bagels, muffins (no bran), English muffins • Cheerios, Rice Crispies • Corn flakes • Crackers • Pasta • Cream of Wheat	• **Whole wheat** or grains with seeds including: rolls, bagels, muffins, English Muffins • Oatmeal • Raisin Bran, All Bran • Wheaties • Granola • Popcorn • Brown rice, wild rice
Meat, Fish, Poultry, Protein 	• Tender beef, ground beef • Chicken • Pork • Eggs • Fish and shellfish • Creamy peanut butter • Lamb • Tofu	• Tough meat with gristle • Chunky peanut butter • All beans, nuts, peas, lentils, legumes
Fruit 	• Soft canned or cooked fruit **without** seeds or skins • Soft melon • Fruit juice **without** pulp • Fruit jellies **without** pulp	• All other raw fruits • All dried fruits • Fruit juice with pulp • Prune juice • Prunes • Bananas
Vegetables and potatoes 	• Potatoes **without** skin • Vegetable juice **without** pulp	• All raw or steamed vegetables • Beans, peas • Potatoes with skin • Brussel sprouts • **Corn (!)** • Broccoli, cauliflower • Cabbage, onion • Sauerkraut • Greens or lettuce
Fats & Oils 	• Butter • Salad dressings without seeds or nuts • Margarine • Oil • Mayonnaise	• **Nuts (!)** • **Seeds (!)** • Coconut • Salad dressing with nuts or seeds
Miscellaneous 	• Sugar • Salt • Jelly • Honey • Syrup • Lemon juice	• Jam • Marmalade • Relishes • Pickles • Olives

Why do I need to eat a low fiber diet? It is very important to begin a low fiber diet 4 days before your colonoscopy. Fiber is indigestible and stays inside the colon, making the colonoscopy less accurate.

CLEAR LIQUID DIET

It is especially important to avoid clear liquids with red or purple dyes.

OK to Eat	Do NOT Eat
• Water • Flavored waters (without red or purple dyes) • Clear Broths (chicken, beef, or vegetable broth) • Juices (without pulp and without red or purple dyes) ✓Apple ✓White Grape ✓Lemonade without pulp • Sodas • Gatorade • Tea (with sugar OK) • Coffee (black; with sugar OK) • Gelatin i.e. Jello (without fruit; no red or purple dyes) • Popsicles (without fruit or cream; no red or purple dyes) • Italian Ices (without red or purple dyes) • Coconut water	• Milk (no cow, soy, almond, rice, hemp milk) • Cream • Milkshakes • Ice cream • Smoothies • Orange juice • Grapefruit juice • Tomato juice • Soups other than clear broth

Why do I need to follow a clear liquid diet?

A clear liquid diet is necessary during colonoscopy preparation to provide needed fluids. Clear liquids are easy to digest and leave little or no residue in the digestive tract. Clear liquids are liquids that you can see through. For example, coffee is a clear liquid, but coffee with cream or milk is not.

PRE-COLONOSCOPY ORDERS FOR DIABETIC PATIENTS

Diabetics on dietary control only:
- No changes in usual prep.
- FSBS to be checked on arrival.

Diabetics on oral hypoglycemic agents:
- Take usual diabetic medicine the day prior to your procedure, then no diabetic medicines until after the colonoscopy.
- FSBS to be checked on arrival.

Diabetics on Insulin:
- Take one half of usual insulin dose the day before exam. Do not take insulin the morning of the colonoscopy.
- FSBS to be checked on arrival.