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SPLIT DOSE COLYTE PREP FOR COLONOSCOPY

Please read these instructions carefully and fill your prescription well in advance of your procedure.

Adhering to these instructions will maximize your chances of a successful procedure.

Your physician: _____ MD

Procedure Date: _____

Arrival Time: _____

Procedure Time: _____

Procedure Location: Shoreline Endoscopy Center

Yale Saint Raphael's Campus

Park Avenue Medical Center

Your procedure requires sedation and therefore you **MUST** have a responsible adult to drive you home (**no public transportation**). This person may accompany you or be available by phone when you are ready to leave. Your procedure typically takes between 2 and 3 hours from the time you arrive until you leave. These arrangements are your responsibility and if such plans are not in place, your procedure may be cancelled. If you must cancel or reschedule your procedure, please do so well in advance to avoid a late cancellation fee. Please arrive punctually.

Medications

Make sure to pick up your bowel preparation medication at your pharmacy the week before your procedure.

Most medications (including aspirin and non-steroidal anti-inflammatories) are usually NOT interrupted for your procedure and could be taken with a small sip of water on the day of your procedure, BUT some medications (such as diabetic medications and blood thinners) may be adjusted. Typically, iron and anti-diarrheal medications are stopped one week before your procedure.

For your procedure:

Take all your usual medications without interruption

Take all your usual medications with the following exceptions:

40 TEMPLE STREET, SUITE 4A • NEW HAVEN, CT 06510 • (203) 777-0304

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COLYTE PREP Instructions

Removing the contents of your colon is essential for a successful colonoscopy. If your bowel is not adequately cleansed, your exam may be limited, and abnormalities may be missed; your procedure could be prolonged; or your exam may be repeated or rescheduled.

THE DAY BEFORE your colonoscopy:

THE DAY BEFORE your colonoscopy you can consume a LIGHT breakfast and LIGHT lunch with low fiber foods. **AVOID** whole grains, fibery foods (**NO** nuts, seeds, corn, popcorn, raw vegetables, leafy green vegetables or fruit/berry skins). You can **EAT** carbohydrates (white bread, white pasta, white rice, cereal without fiber), well cooked tender chicken, eggs, fish or lean meats, or mashed potatoes or cooked carrots.

After lunch, only consume clear liquids for the remainder of the day and evening.

Clear liquids include water, coffee/tea, clear broth/bouillon, soda, fruit juice (without pulp), sports drinks such as Gatorade, PowerAde, Italian ice and jello. (**NO red jello or red liquids**). **STAY HYDRATED BY DRINKING CLEAR LIQUIDS.** Milk and other dairy products or substitutes are NOT allowed. NO alcoholic beverages.

THE EVENING BEFORE your colonoscopy:

Add water to the Colyte container, fill it to the top and refrigerate.

At **6pm**, drink half of the CoLyte solution. (You can drink one 8 oz. glass of the solution every 15 minutes until half of the gallon is consumed)

Then **6 hours before your colonoscopy (at _____ AM)**, drink the remainder of the CoLyte solution. You must finish the solution at least 4 hours before your colonoscopy.

If you are having difficulty with the taste of the bowel prep solution, try adding ice and drink it with a straw. You may mix the CoLyte with crystal light flavoring packets.

*******NOTHING BY MOUTH 4 HOURS BEFORE YOUR COLONOSCOPY*******

After taking the laxative prep, you will have diarrhea. In general, stay well hydrated. This will help you feel well and improve the quality of your prep. Rarely patients experience abdominal cramps, bloating, discomfort or nausea. If this occurs give yourself a short break of about 30 minutes. These symptoms typically improve with time for with a bowel movement.

Please call with any questions, concerns or symptoms (203)777-0304

Procedure locations:

Shoreline Endoscopy Center: 800 Boston Post Road, Building #1, Guilford. Convenient and plentiful outdoor parking.

Yale St. Raphael Campus: Digestive Disease Center – Take Elevator C to the 2nd floor of the Celentano Building located in the main hospital. Parking is available in the George Street garage attached to the hospital.

Park Avenue Medical Center: 5520 Park Avenue, Trumbull. Park in the parking garage. Parking is free. You may park anywhere in the garage and take the elevator to the bridge (BR button on the elevator). Walk across the bridge toward the elevator at the end of the hallway. The door to the procedure/endoscopy area is on the right.

Disclosure of Ownership Interest: You have the right to have your procedure performed at the facility of your choice. The following physicians have an ownership interest in Shoreline Surgery Center, LLC: Michael Bennick, Sidney Bogardus, Myron Brand, Cary Caldwell, Joann Hong-Curtis, Michael Lipcan, Kristin MacArthur, Jeremy Matloff, Hannah Miller, Wayne Panullo, David Wolfsohn, Daniel Zanchetti.