

GETTING READY FOR YOUR COLONOSCOPY

1 DAY PREP

A Plan Ahead Call 303-602-1926 if you have questions or need to schedule or change your appointment

- Your appointment is at Denver Health Outpatient Medical Center, Pavillion L, 660 N. Bannock St., 3rd floor. Patient/Visitor Parking is located behind the building.
- You will need an adult to sign you out and take you home after your procedure; your procedure will need to be rescheduled if you do not have an adult to take you home. We must speak with your ride to verify their availability.
- You can expect your visit to take about 1½ to 2 hours.
- You will need a prescription for Colyte; pick this up at your pharmacy once you have scheduled your colonoscopy.
- Talk to your doctor if you have questions about taking your medications before your colonoscopy.
- If you use oxygen or have been told that you need to use oxygen, you **MUST** bring a full oxygen tank with you, or your procedure may need to be rescheduled.

B The day BEFORE your Colonoscopy Do not eat anything solid the whole day: NO FOOD

- Start drinking lots of **clear liquids** in the morning and continue drinking all day.
 - You may have water, bouillon, broth, soda, Kool-aid®, coffee or tea (no milk or cream), popsicles, Jell-O, Gatorade or other similar liquids. ****Do not drink anything that is red****
 - Very important: **You may not eat any solid food or drink alcohol for the entire day!**
- In the morning, fill the Colyte as written on the jug, and place in the refrigerator.
 - At 5:00 p.m., start drinking a glass full every 15 minutes until half the jug is gone.
 - Drink only half of the jug, and place the other half in the refrigerator.
 - You may have explosive diarrhea, so **BE CLOSE TO A BATHROOM.**
 - If you feel sick, slow down drinking but finish half of the jug of Colyte
 - Continue drinking plenty of **clear liquids** for the rest of the evening and night.

C The day of your Colonoscopy

- You will need to start drinking the second half of your Colyte **4 hours** before your appointment time.
- Take the Colyte the same as before; drink a glass full every 15 minutes until the jug is gone.
- You may drink your Colyte and clear liquids up until **2 hours** before your appointment time; **DO NOT** drink anything after this, or your procedure may need to be rescheduled.
- You can take your morning medications with sips of water 30 minutes after finishing your Colyte.
- To have a colonoscopy, your colon must be cleared of all stool; this allows your doctor to see your entire colon.
- Failure to follow these instructions limits the value of a colonoscopy, and your exam may need to be rescheduled

If you complete the entire Colyte preparation and your stool is still **brown**, even a little bit, call us immediately at 303-602-1926.

