

# GETTING READY FOR YOUR COLONOSCOPY

## 2 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** **TWO DAYS BEFORE your Colonoscopy** **Do not eat anything solid for two whole days: NO FOOD**

- On day 1 of your prep (2 days before your colonoscopy) start drinking lots of **clear liquids** in the morning and continue for the next 2 days.
  - 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 2 days!**
- In the morning on day 1 of your prep (2 days before your colonoscopy), fill 1 jug of Colyte as written on the jug and place in the refrigerator. Do not fill the 2nd jug until tomorrow morning.
  - At 5:00 p.m., start drinking a glass full every 15 minutes until half the 1st jug is gone.
  - Drink only half of the 1st jug, 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 1st jug of Colyte.
  - Continue drinking plenty of **clear liquids** for the rest of the evening and night.
- In the morning on day 2 of your prep (1 day before your colonoscopy) you need to complete the 1st jug of Colyte. Take the Colyte the same as before, drink a glass full every 15 minutes until the jug is gone. Fill the 2nd jug and refrigerate it.
- In the evening on day 2 of your prep (1 day before your colonoscopy), at 5:00 pm start drinking a glass full every 15 minutes until half the 2nd jug is gone. Place the remaining half jug back in the refrigerator.
  - 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 rest of your 2nd jug of 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 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 2 day Colyte preparation and your stool is still **brown**, even a little bit, call us immediately at 303-602-1926.

**GILAB**  
Denver Health  
Outpatient Medical  
Center, Pavillion L  
660 N. Bannock St.  
3rd floor

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