

□ **JAMES D. TOROSIS, MD**

Name: _____

□ **VICKY W. YANG, MD**

Date/Time: _____

□ **DANIEL S. RENGSTORFF, MD**

Arrival Time: _____

□ **CYNTHIA W. LEUNG, MD**

Date Of Birth: _____

LOCATION: _____

COLONOSCOPY WITH Colyte/NuLytle/Trilyte Preparation Instructions

Five days before the procedure:

- Please do not take any coumadin, plavix, aspirin, or nonsteroidal anti-inflammatories, such as ibuprofen (Advil, Motrin), naproxen (Aleve), Feldene, Relafen, Daypro, etc. **Acetaminophen (Tylenol) is acceptable. If you have a history of blood clots, coronary artery stents or a mechanical heart valve please discuss this with your doctor.**
- Please stop eating food products containing seeds or Iron supplements 5 days prior to the procedure.

Two days before the procedure:

Add water to the **Colyte/NuLytle** following the instructions on the on the 4 liter bottle container. Place in the refrigerator overnight to get really chilled.

One day before the procedure:

You may not have any solid foods. You may have clear liquids only. These include: coffee/tea with sweetener only, beef/chicken broth, apple juice, white grape or white cranberry juices, Gatorade, soda pop, popsicles, and Jell-O. Please, no red or purple colors.

- **At approximately 2pm**, begin drinking the Colyte/NuLytle solution. You will need to drink an 8oz glass every 15 minutes. It will take you about 4 hours to drink the entire 4L. Note that individual responses to laxatives vary. This prep will cause multiple bowel movements. It often works within 30 minutes, but may take up to 3 hours to begin. For dinner, you may have any of the above listed clear liquids.
- If you develop nausea or vomiting with the prep please stop and take a 30 minute break. It may help to suck on a lime wedge prior to drinking a glass of the prep.
- If you are having difficulties completing the preparation (vomiting etc) please call the office or the physician on call if after hours.

STOP DRINKING ALL LIQUIDS:

For a **morning** procedure: Do not eat or drink anything after midnight the night before.

For an **afternoon** procedure: You may have a clear liquid breakfast before 8AM. You may take your morning medications with a small sip of water, unless otherwise instructed. If you are a diabetic, please discuss your medications with one of us.

You will most likely receive sedation and will require a designated driver to take you home. **Public transportation and taxis are not an option.** If you need assistance, our office may be able to help you find a ride.