

OU Physicians Building
825 NE 10th, Suite 2400, Oklahoma City, OK 73104

If you have any questions or need to change your appointment please call 271-8737
Patient Instructions for Colonoscopy with Split Dose Colyte Prep

Patient _____

On the Day before the Exam _____

1. You must have only **CLEAR LIQUIDS**. This means no solid food or milk products. See suggested Clear liquids page 2.
2. Your Dr will have given you a prescription for **COLYTE**. Prepare the solution by filling it to the 4L mark with tap water, Shake and place in refrigerator if you desire it to be cold.
3. At 6 pm begin drinking the Colyte. Drink an 8 ounce glass every 10 minutes until 2 liters(1/2) of it is gone.
4. If you begin to feel overly full or nauseated, slow down and space out the glasses of Colyte or stop for a time until the full feeling passes.
5. You may drink other clear liquids until you go to bed.

On the Day of your Exam _____

1. 4-5 hours before your exam is scheduled drink the remaining 2 liters (second ½) of the prep until it is all gone and it must be completed at least 3 hours before your test is scheduled.
2. Take your routine prescription meds with a sip of water. You may have Clear Liquids up to 3 hours before your exam. Then you must have nothing to eat or drink.
3. If you take IRON TABLETS, INSULIN, DIABETIC MEDS OR BLOOD THINNERS, see special instructions, page 2.
4. You must have someone drive you to and from your exam. Your ride must be verified by the staff or the procedure cannot be done. **YOU CANNOT COME ALONE.** You may take a cab or bus if you are accompanied by an adult.
5. Plan to arrive on time to allow time for registration and preparation for the exam.
6. Please bring your INSURANCE CARD, PHOTO ID and a LIST OF YOUR MEDICATIONS.
7. If you have important medical records from another facility please bring them with you.
8. Please allow 2 to 3 hours for this exam. We hope that you will be understanding that sometimes delays are inevitable. **WE WANT TO GIVE THE BEST CARE TO EACH OF OUR PATIENTS.**

YOUR APPOINTMENT DATE: _____ ARRIVAL TIME: _____ DOCTOR _____

If you have any questions or cannot keep your appointment please call as soon as possible—
271-8737

PLEASE CALL TO CONFIRM YOUR APPOINTMENT 7 DAYS BEFORE YOUR VISIT

Special Instructions for Colonoscopy-

CLEAR LIQUIDS-Any thin, non-dairy liquid with no solid matter like pulp. For example: Water, Iced or tap

Juices like apple, cranberry or grape. Avoid red dyes.

Any soda pop, tea, coffee with no creamer, Gatorade, Powerade

Clear Broth with no noodles or crackers

Jello, but avoid red color

Popsicles but no ice cream

While beer and alcohol are clear liquids you should avoid them the day before and the day of your procedure because they may react with the sedation meds you will receive.

MEDICATION INSTRUCTIONS-

If you take IRON TABLETS, stop them for 1 week before your exam.

If you take BLOOD THINNERS (COUMADIN/Warfarin, PLAVIX/Clopidogrel OR PRADAXA/Dabigatran), you may need to STOP these medicines before your test (most commonly 5 days for Coumadin/Warfarin and 7 days for Plavix/Clopidogrel but once again check with your prescribing doctor. You MUST DISCUSS the medication with your Doctor who prescribed it to get his APPROVAL BEFORE STOPPING. Also if your Doctor approves your stopping these medications then he/she may want you to take aspirin while you are off of these medications. There is NO need to stop aspirin.

If you take DIABETIC PILLS do not take them the day of the exam but bring them with you.

If you take INSULIN, consult with your REFERRING PHYSICIAN about whether you should hold or reduce your Insulin on the day of your exam. BRING YOUR INSULIN WITH YOU.