

**DIGESTIVE  
DISEASE  
CONSULTANTS, P.A.**

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GASTROENTEROLOGY  
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NAME: \_\_\_\_\_

We perform procedures at the following locations:

**GIEA**  
15005 Shady Grove Road  
Suite 200  
Rockville, MD 20850  
(301) 340-8099

*\*\* Your arrival time is approximate.  
GIEA will call you a few days before  
your procedure to confirm time.*

**Shady Grove Adventist Hospital  
Out-Patient Surgery Center**  
9901 Medical Center Drive  
Rockville, MD 20850  
(301) 279-6000

Please **ARRIVE\*\*** at: \_\_\_\_\_ on \_\_\_\_\_  
Time Date

**PREPARATION INSTRUCTIONS FOR COLONOSCOPY (COLYTE METHOD)**

- **You must have a driver to take you home, as you will be sedated for the procedure.** It must be someone that you know for your safety and protection (not a taxicab or public transportation). Your driver does not have to stay during your procedure but can drop you off and pick you up. If your driver is going to wait, they may want to bring something to read to pass the time.
- You will need to get the attached prescription for **Colyte (Golytely, NuLytely)** filled at any local pharmacy.

**THE DAY BEFORE YOUR PROCEDURE:**

1. **FOR THE ENTIRE DAY BEFORE YOUR PROCEDURE, YOU MAY HAVE CLEAR LIQUIDS ONLY.** Clear liquids include coffee, tea, water-either carbonated or regular, all soft drinks, e.g. coke, Pepsi, ginger ale, 7-Up; all of the clear juices –apple, cranberry, grape; Jell-O or other similar gelatin; clear soups, i.e. bouillon or broth. Sugar and/or artificial sweeteners are allowed.  
**NOT ALLOWED ON A CLEAR LIQUID DIET:** Milk, cream, soy milk equivalent, artificial creamer, pulpy juices like orange, grapefruit, pineapple, tomato and V-8, all **NOT** allowed.  
**IMPORTANT NOTE:** DO NOT EAT RED JELL-O it looks like blood. Drink a lot of fluids- this will keep you hydrated.
2. **Between 4:00 and 5:00 p.m.,** make up the gallon of Colyte (Golytely) solution according to the instructions on the plastic bottle. Tap water, distilled water, deionized water or bottled water may be used. **We recommend preparing and drinking Colyte at room temperature, not over ice, not refrigerated.** This is because a large volume of liquid at a low temperature can cause your body temperature to drop and you may develop shaking chills, which will prolong the preparation and make it more difficult.
3. Start drinking the Colyte as quickly as you can. The idea is to get the entire gallon down within four hours of starting. Although the average patient can complete the consumption in just under three hours, it is important for you to know that your preparation will be acceptable no matter how long it takes you to drink the Colyte, provided you get all of it down before midnight. Remember that the Colyte you drink will be expelled. You

will not become “waterlogged”. You can expect a watery diarrhea to start anywhere from one-half hour to one and one-half hours after starting the Colyte. Sugar free Crystal Light may be used to flavor the Colyte **ONE GLASS AT A TIME**. You can also mask the flavor by sucking on hard sourball candies. It is essential that you get down the entire gallon. If the taste of Colyte is a problem, take breaks at anytime and alternate the taste with any other clear liquid, see list, including Jell-O.

4. After the Colyte is finished, drink more clear liquids to keep from becoming dehydrated.

### **THE DAY OF YOUR EXAMINATION**

1. The morning of your examination you may continue to have any and all of the clear liquids mentioned above up until 3 hours prior to your examination. Once you are within three hours of your scheduled procedure time you must not have anything to eat, drink, smoke or chew.
2. Take all of your usual morning medications unless otherwise instructed by your physician.
3. **PLEASE DO NOT WEAR PERFUME, COLOGNE, OR SCENTED POWDERS.**

### **FOR PATIENTS WITH DIABETES**

1. Make sure that your clear liquids contain sugar and are not sugar free.
2. On the morning of your examination if you are on oral agents, take your usual oral agents.
3. For patients on insulin, take between one-half to two-thirds, whichever is the easiest (round number) of your usual dose of insulin and continue sugar-containing clear liquids until three hours prior to your procedure. The IV we give you contains sugar and we can check your blood sugar to give any additional insulin as necessary. In general, diabetics that follow this regimen, maintain a slightly above average blood sugar, so there is no problem with that insulin dose.

### **Addendum**

#### **Anal Irritation during Colonoscopy Preparation**

Many patients complain of anal irritation and burning because of the diarrhea induced by colonoscopy preparation. We recommend using Tucks or any brand of baby wipe followed by a generous application of Vaseline petroleum jelly both to the external anus and the internal anal canal after each watery bowel movement during colonoscopy preparation to prevent this anal irritation.