

ASSOCIATES IN GASTROENTEROLOGY, PA

Dr. Chockalingam

Mon-Thurs (803)788-1100

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**COLONOSCOPY INSTRUCTION SHEET: COLYTE EVENING PREP**  
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**Appointment Information:**

**Location:** Berkeley Endoscopy Center, L.L.C.  
1072 Wildewood Centre Drive  
Columbia, SC 29229  
Friday Hours Only  
Telephone: 803-788-1120

**Need:** 1. Driver: Adult (18 and above), Need to stay on the premises  
2. Copay: Call Mr. Billy Prince at (803) 719-5285  
3. Patient Instruction Packer: If not submitted, test will be cancelled.

**Five days prior to the procedure:**

A. Stop the following medications on:

1. Stop all **aspirin and aspirin containing products (Ibuprofen)** 5 days before test. IT IS OK TO TAKE EXTRA STRENGTH TYLENOL.
2. Stop all **arthritis medication** 5 days before test (Celebrex, Mobic, Ultram, Voltaren, Plaquenil, Naproxen) Do NOT take OTC Aleve, Motrin, Ibuprofen.
3. Stop all **iron supplements** 5 days before test (Tandum plus, Bifera, Ferrous Sulfate, Folic Acid, Integra Plus)
4. Stop all **Blood Thinners** 5 days before test. (Coumadin, Warfarin, Plavix, Pradaxa, Aggrenox, Xarelto, Effient)

B. Purchase the following:

1. Four Dulcolax tablet (over the counter), no prescription needed. Please get the laxative not the stool softener.
2. Pick up Prescription: Trilyte and Zofran

**The DAY BEFORE Colonoscopy:**

1. Take all your medications except for aspirin products, iron supplements, arthritis medications and blood thinners.

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2. The entire day you will be on **CLEAR LIQUID** diet.
  - a. **NO:** milk or dairy products (ice cream, yogurt or pudding); creamy
  - b. **YES:** broth or boullion (chicken or beef); light colored juices (apple, them)
3. At **6:00 am:** Add water to the Trilyte container, mix to dissolve the powder, keep refrigerated.
4. At **6:00 pm:** Take four (4) Dulcolax tablets (**laxative**) with two glasses of water.
5. At 6:15 pm: (1) Zofran pill to avoid nausea.
6. At **6:30 pm** start to drink prep. Drink 8 oz. every 15 minutes, if possible. If you feel nauseated, drink at your own pace but, continue drinking until entire bottle is empty. It may be awhile for you to start having bowel movements. The morning of the test you may still be having liquid/water like movements that may be green to yellow in color.
7. **Continue to drink clear liquids until Midnight. This will help flush the colon and also prevent dehydration from the prep.**
8. **NOTHING TO EAT AFTER MIDNIGHT.** Going without food or liquids allows for a safer, more complete test and reduces the chance of nausea.

**The Day of the procedure:**

1. **NOTHING TO EAT OR DRINK** – Going without food or liquid allows for a safer, more complete test and reduces the chance of nausea.
2. **If you have high blood pressure: Please Do take your blood pressure medicine with a small sip of water.**
3. **If you have Diabetes:** Hold any pill form diabetic medicine on the morning of the test. You can take it after the test when you are home and eating again. If you are insulin dependent you can take ½ of your normal dose on the morning of the procedure.
4. Arrive with a friend or family member. They must stay for the entire procedure and drive you home. The estimated time for your entire visit is 2-3 hours depending on circumstances.

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**PRE-REGISTRATION:** *Only call to pre-register if your procedure has been scheduled at one of the following facilities:*

**Palmetto Richland Memorial Hospital** call to pre-register at 803-434-2006

**Palmetto Baptist Hospital** call to pre-register at 803-296-5160

**Providence (Main:** call to pre-register at 803-256-5635  
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