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Gastroenterology – Liver Diseases – Diagnostic and Therapeutic Endoscopy

## COLYTE PREPARATION FOR COLONOSCOPY (SCHEDULE B)

Use these instructions if your appointment is in the morning

### **TWO NIGHTS BEFORE YOUR PROCEDURE**

Two nights before your procedure you may eat a regular dinner but stop eating solids after 7:00 P.M. That same night, add water to fill the COLYTE jug, shake well, and refrigerate. If you prefer just add cold water to the container a couple hours before you start drinking it. Do NOT add anything to the COLYTE preparation like soda, sports drinks, etc. You may add physician approved Crystal Light drink mix for flavoring if desired. Do not add anything RED or PURPLE.

### **THE DAY BEFORE YOUR PROCEDURE**

1. Start a clear liquid diet: jello, apple juice, clear soda, tea, coffee. You may NOT have anything red or purple. No creamer, tomato juice, orange juice, milk or anything with pulp.
2. At 8 A.M. begin drinking the COLYTE prep. Drink ½ of the gallon (2 liters) over 2 hours.
3. At 6 P.M. begin drinking the other half of the gallon (2 liters) of COLYTE over 2 hours.

You may experience headache, chills or nausea from the COLYTE; do not be alarmed. You may have to sit on the toilet while taking the COLYTE.

When all the COLYTE is gone you may continue to drink clear liquids until three (3) hours prior to the procedure.

You may apply zinc oxide or petroleum jelly to anal area to prevent irritation.

Please bring someone with you to drive you home from your appointment as you will be sedated for the exam. Your exam will be cancelled if you don't have someone to drive you home. Remember to **TAKE ALL YOUR USUAL MEDICATIONS** the morning of your procedure. **If you take insulin in the morning take only ½ of your usual dose.** You will be in the Endoscopy Lab for approximately 2 hours.

If you have any questions concerning the examination or the prep instructions please call our office at (435) 673-1149