

**WACO GASTROENTEROLOGY ASSOCIATES**  
**PREPARATION FOR A COLONOSCOPY USING COLYTE® OR NULYTELY®**

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Patient Name: \_\_\_\_\_ DOB: \_\_\_\_\_

**ONE WEEK PRIOR TO YOUR PROCEDURE:**

- If you take aspirin, ibuprofen, vitamins, herbal supplements, blood thinners (such as Coumadin, Plavix, Aggrenox), or any arthritis medications check with your doctor for instructions about taking these medications.
- \_\_\_\_\_
- \_\_\_\_\_

- Purchase your Colyte or Nulytely at least 48 hours in advance. You will need a prescription.

**THE DAY BEFORE YOUR PROCEDURE:** \_\_\_\_\_

- In the morning, mix the powdered laxative with 4 quarts (1 gallon) of room temperature water. Place in the refrigerator to chill.
- You will be on a **CLEAR LIQUID** diet the entire day for breakfast, lunch, and dinner.
  - You may not consume:
    - Any items red, green or purple in color
    - Dairy products or orange juice
    - Alcoholic beverages
  - Some items that are allowed include:
    - Water, strained fruit juices, Gatorade, Kool-Aid, tea, coffee, sodas
    - Chicken or beef broth or bullion
    - Gelatin (Jell-O) flavors that are not red, green or purple
- At **3:00 PM** begin drinking the Colyte mixture.
  - Drink 8 oz. every 10-15 minutes until the entire amount is consumed.
  - You should finish the gallon in 4 to 5 hours.
  - Rapidly drinking a glassful may be better than sipping slowly.
  - You may drink several glasses before having your first loose, watery bowel movement. Initially, you may feel slightly bloated but will become more comfortable as you continue to have bowel movements.
  - You can have other approved clear liquids while drinking the Colyte up to 4 hours prior to your procedure.
  - **YOU MAY CONTINUE CLEAR LIQUIDS ONLY UNTIL 4 HOURS BEFORE YOUR PROCEDURE.**

**THE DAY OF YOUR PROCEDURE:** \_\_\_\_\_

- If you normally take heart, blood pressure, breathing or seizure medications in the morning, you may take those medications with a minimal amount of water. Do not take any other medications and do not have any more to eat or drink.

**IF YOU ARE DIABETIC, PLEASE SEE THE ATTACHED FORM**

**YOU WILL BE SEDATED FOR THIS PROCEDURE AND MUST HAVE SOMEONE TO DRIVE YOU HOME AND REMAIN WITH YOU FOR 8 HOURS. YOUR DRIVER MUST STAY IN THE BUILDING UNTIL DISCHARGE.**

Report to:   \_\_\_ Waco Gastroenterology Endoscopy Center-364 Richland W Circle, Suite B  
                  \_\_\_ Hillcrest Baptist Medical Center-50 Hillcrest Medical Blvd, Medical Office Building 1, Suite 101  
                  \_\_\_ Providence Health Center-6901 Medical Parkway, outpatient admitting office

Date: \_\_\_\_\_ Check-In Time: \_\_\_\_\_

*Note: Your check-in time allows for necessary preparations before your procedure begins. You do not need to arrive any earlier.*

If you have any questions, contact us at (254) 537-0911.  
*Should you need to cancel or reschedule your appointment for any reason, please give 48 hours notice to avoid a \$50 cancellation fee.*

Office Use:   Prep given by: \_\_\_\_\_ Date: \_\_\_\_\_

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## **TEACHING PAMPHLET FOR COLONOSCOPY**

**What is a colonoscopy?** This procedure allows the doctor to examine the lining of the rectum and the large intestine (colon).

**Why do I need the test?** A colonoscopy allows your physician to look directly at the lining of your colon and to identify any abnormalities. It gives him specific information that X-rays or other tests do not provide and can help him diagnose the problem.

**How is it done?** During a colonoscopy, a flexible tube connected to a light source, called a flexible colonoscope, is passed through the rectum into the lower intestinal tract. As you lie on your left side, the doctor will examine your rectum with a lubricated, gloved finger. Then he will insert the lubricated colonoscope, which will give you a small sensation of wanting to move your bowels. You may be asked to change positions during the procedure and slight pressure may be applied to your abdomen to assist in the passage of the colonoscope. As the scope is carefully advanced through the colon, the doctor will examine the bowel lining thoroughly.

**Is it uncomfortable?** You will be given a sedative prior to the exam which helps decrease sensations of pressure and anxiety. You may feel some cramping or gas due to the air that the doctor will put into the colon. Sometimes a tiny bit of tissue or polyp will be removed. You will not feel any sensation or discomfort when the biopsy or polyp is removed.

**How long does the test take?** The exam itself takes 30-45 minutes. However, you may be in the procedure room approximately 1 to 1 ½ hours including the time it takes to prepare you for the exam. After the procedure, you will be kept in the recovery area for approximately 30-45 minutes, or until you are expelling the air from your colon.

**Are medications given?** Yes. Your doctor will give you a sedative prior to the exam to help keep you comfortable. He may also order a medication by injection, which a nurse will administer before the exam.

**Do I have to do anything before the test?** Yes. There will be a special bowel prep that will be performed. You will be required to drink a fluid laxative, which will thoroughly cleanse your colon of stool. At the same time you will be following a clear liquid diet.

You must be well hydrated to avoid cramping and nausea while taking your prep. Consume at least 8 ounces of approved clear liquid every hour beginning the morning of your prep. If you experience nausea or vomiting while drinking your prep, stop for 20-30 minutes and then resume. If vomiting continues, call your physician.

**When can I eat?** You can eat one hour after the test, unless otherwise specified by your physician. You will be given fluids as soon as you are awake enough to drink them.

**When will I get the results?** After your test, the doctor may briefly discuss the initial findings of the exam with your family. It takes approximately one full week to get your complete results. You may call our office if you do not hear from us with your results.

**If you have any questions about your test or instructions, please call our office at (254) 537-0911.**