



# *Digestive Health Specialists*

OF THE SOUTHEAST

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## INSTRUCTIONS FOR OUTPATIENT PROCEDURES/COLONOSCOPY

### COLYTE PREPARATION

1. In the morning, have a normal breakfast. Mix Colyte according to the package instructions and refrigerate.
2. Have a light lunch around noon.
3. After 2:00 p.m., do not eat any solid food or sugar until after your test the following day. Clear liquids are permitted until 4:00 p.m. or as directed by your doctor. You may have Jell-O, popsicles, clear juices that have no pulp, black coffee, tea, colas, etc. **NOTHING RED, PURPLE, OR BLUE AND NO DAIRY PRODUCTS!!!**
4. Begin drinking chilled Colyte between 4:00 p.m. and 6:00 p.m. Drink an 8 oz glass every 10 minutes. Do not sip; drink the glass down rapidly. Continue drinking until the bottle is empty.
5. This solution should give you diarrhea so that your colon is clean for a good examination at the time of your test. If you do not drink all of the solution, your examination will be inadequate and may need to be rescheduled.
6. Do not eat any solid food or sugar on the day of the procedure.
7. On the day of your procedure do not eat or drink anything two hours prior to your arrival time. It is okay to take your required medication with only a small amount of water.

#### Note:

Feelings of bloating and nausea are common after the first few glasses of Colyte because of the large volume of fluids ingested. This is temporary and will disappear once bowel movements begin.

Bowel movements should begin about one hour after the first glass of Colyte.

If directed by your doctor, take up to four 5mg tablets of bisacodyl after completing the Colyte prep. Bisacodyl, a gentle laxative, will help evacuate any remaining Colyte prep left in the bowel.