



**CAPITAL
DIGESTIVE
CARESM**

First in Digestive Health

Digestive Disease Consultants

NAME: _____

We perform procedures at the following locations:

GIEA
15005 Shady Grove Road
Suite 200
Rockville, MD 20850

**Shady Grove Adventist Hospital
Out-Patient Surgery Center**
9901 Medical Center Drive
Rockville, MD 20850

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:

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.

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.

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 any time and alternate the taste with any other clear liquid, see list, including Jell-O.

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

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Capital Digestive Care
Digestive Disease
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capitaldigestivecare.com

THE DAY OF YOUR EXAMINATION

1. Take all of your usual morning medications **at least 4 hours prior to your procedure** unless otherwise directed by your physician.
2. **4 HOURS PRIOR TO YOUR EXAM YOU MUST HAVE NOTHING TO EAT, DRINK, SMOKE OR CHEW.**
3. PLEASE DO NOT WEAR PERFUME, COLOGNE, OR SCENTED POWDERS.

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.

PLEASE NOTE: IF YOU FIND IT NECESSARY TO CANCEL YOUR PROCEDURE WITHIN 48 HOURS PRIOR TO THE SCHEDULE APPOINTMENT A \$150 CANCELLATION FEE WILL BE CHARGED.