Colonoscopy Bowel Preparation
Instructions for Fremont Patients
Split Colyte - Preparation

Your arrival time is scheduled on _________ at _______ a.m./p.m. at the Fremont Medical Center.

Please register in the Hospital Lobby, First Floor

PLEASE READ ALL INSTRUCTIONS ON THE DAY YOU RECEIVE THEM
(Following only these instructions given by the GI Department)

About Colonoscopy:

Bowel preparation (cleansing) is needed to perform effective colonoscopy. Any stool remaining in the colon can hide lesions and result in the need to repeat the colonoscopy. You should plan to be at the hospital 2-4 hours. It is critical that you follow the instructions as directed.

The physician will discuss your procedure with you when you are in the Procedure room. If you had any biopsies taken, you will receive a letter with those results, usually 2-3 weeks after the procedure. If there are serious findings on the biopsy, your physician will contact you.

Every effort will be made to keep your appointment at the scheduled time, but in medicine, unexpected delays and emergencies may occur and your wait time may be prolonged. We give each patient the attention needed for his or her procedure.

General Instructions:

1. Please register in the Hospital Building, Admitting Office on the First Floor.

2. Please bring your Kaiser Card, photo ID and procedure copayment. If you are unsure of what your copay will be please contact Member Services at 1-800-464-4000.

3. Please leave your valuables and all jewelry at home.

4. Intravenous sedating medicine is usually given during your procedure. Due to regulatory requirements and your safety, you must arrange for someone to drive you home. If you do not have a driver, your procedure will be rescheduled.

5. You will not be able to drive, operate machinery, and make important decisions or return to work for the rest of the day. You may resume normal activities the next day unless the doctor states otherwise.

6. Plan to be at the facility for 3-4 hours.

7. If you have any questions concerning the procedure or are unable to complete any of these instructions, please call 510-248-3088. If you need to cancel, please call in advance if possible.

Gastroenterology Department/Fremont, CA

Kaiser Permanente
Patient Checklist - For ALL GI Procedures

If you are affected by any of the conditions listed below, please follow these instructions:

<table>
<thead>
<tr>
<th>Condition</th>
<th>Instructions</th>
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</table>
| Diabetes                  | Inform your doctor that you will be on clear liquids the day prior to your procedure. Check your blood sugar frequently while taking the prep. solution and on the morning of your procedure. **On the day before the procedure:**  
  - Do not take any diabetes pills (such as Actos, Glipizide, Glyburide, or Metformin).  
  - Reduce your morning and evening doses of long acting insulin by one half.  
  **On the day of the procedure:**  
  - Do not take any diabetes pills (as above)  
  - Do not take any long-acting insulin  
  - Do not take any short-acting insulin unless you are using a sliding scale  
  - Hard candy or clear soft drinks are ok if your blood sugars are too low |
| Aspirin                   | It is necessary to stop aspirin and anti-inflammatory arthritis medications (such as Advil, Motrin, Aleve, Naprosyn) 7 days prior to the procedure, unless you are at high risk for heart attack or stroke. Check with your doctor about stopping aspirin. Tylenol is OK to take. |
| Coumadin, Warfarin, Plavix, Heparin, Fish Oil, Lovenox, or other anticoagulants | Check with the anti-coagulation clinic about your medication doses. |

What to wear:
Wear comfortable, loose fitting clothing that is easy to step into. Wear flat shoes or tennis shoes. Do not wear jewelry or bring valuables.

What is a “clear liquid” diet?
As a rule – if you can see through it, you can drink it – water is great! Gatorade is the preferred clear liquid (no red or purple). If you are diabetic or have kidney disease, water is preferred. Other items:
- **Juices:** white grape juice and apple juice or white Cranberry  
- **Kool-Aide:** Powerade, Crystal Light - (no red or purple),  
- **Broth or bouillon:** Beef, Chicken or Vegetable flavored  
- **Popsicles:** (no red or purple)  
- **Tea or coffee:** With Sugar only, (NO Milk, Cream or NON-Diary Products)  
- **Hard candies**  
- **Jell-O:** (no red or purple)  
- **Soda pop:** (no red or purple), 7-Up, Sprite, regular or diet Pepsi and Coke  
  Ginger Ale, orange soda

The key to a good preparation is to drink plenty of fluids. When laxatives are taken with adequate amount of fluid, this will clean the colon and will prevent you from having to reschedule the procedure due to poor preparation.
Prep Instructions for Colonoscopy –Split Colyte –Prep
(Following only these instructions given by the GI Department)

<table>
<thead>
<tr>
<th>7 days before your colonoscopy</th>
<th>2 days before your colonoscopy</th>
<th>The day before your colonoscopy</th>
<th>The day of your colonoscopy</th>
</tr>
</thead>
<tbody>
<tr>
<td>Read all prep instructions.</td>
<td>List all current medications.</td>
<td>NO SOLID FOOD</td>
<td>NO SOLID FOOD NO ALCOHOL</td>
</tr>
<tr>
<td>Contact prescribing physician for instructions on dosage of blood thinners.</td>
<td>Obtain bowel prep prescription from your pharmacy.</td>
<td>NO ALCOHOL Clear liquids ALL DAY</td>
<td>NO ALCOHOL</td>
</tr>
<tr>
<td>Stop herbal, vitamins, and oral iron supplements.</td>
<td>Obtain two 64 ounce bottles of Gatorade or Sprite/7-up, any flavor. Not red or purple in color.</td>
<td>Drink an extra 8 ounces of clear liquid every hour while awake. <strong>Gatorade is preferred for patients without kidney disease or diabetes.</strong></td>
<td>You may take your morning medications.</td>
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<tr>
<td>Avoid any salads or high fiber foods including nuts, seeds and popcorn.</td>
<td>If you are diabetic or have kidney disease, use water instead of Gatorade.</td>
<td>Mix Colyte with Gatorade, water or 7-up until dissolved and keep cold in the refrigerator. You may add the powder Crystal Light when using water. <strong>Remember NO RED or PURPLE LIQUID OR POWDER.</strong></td>
<td>5-7 hours before the time your procedure is scheduled, START Drinking AT _______ the remaining ½ of the Colyte Prep.</td>
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<tr>
<td>Stop any anti-inflammatory medications (Motrin, Advil, Ibuprofen).</td>
<td><strong>If you are diabetic, follow the instructions on the previous page.</strong></td>
<td><strong>5p.m.</strong> Begin drinking the solution at a rate of 8 ounces every 15-30 minutes (over 1-2 hours) until the ½ of the Prep is drank.</td>
<td>If your procedure is scheduled in the early morning, you'll need to get up in the early morning to take this dose of preparation. The correct timing of this dose is essential to an effective preparation.</td>
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<td>Tylenol is OK to use.</td>
<td><strong>YOU ARE TO HAVE NO SOLID FOOD/MEAL AFTER MIDNIGHT 2 DAYS BEFORE PROCEDURE</strong></td>
<td>You are encouraged to continue to drink clear liquids until you go to bed.</td>
<td>You may, and should, drink clear liquids until 4-5 hours before your scheduled procedure time. <strong>Stop all liquids 4 hrs before appt.</strong></td>
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<tr>
<td>Arrange for a driver to take you home after the procedure.</td>
<td></td>
<td>You may apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.</td>
<td>After the procedure you may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times after the procedure and before retiring for the night.</td>
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**NOTE:** You must take ALL of the PREP solution, as directed to clean your bowel adequately.

If you are passing clear liquid you must continue to take the entire dose of the Prep the day before your exam.

If you think the prep. is not working, call the GI department at 510-248-3088

This information is not intended to diagnose health problems or to take the place of medical advice or care you receive from your physician or other health care professional. If you have persistent health problems, or if you have additional questions, please consult your doctor. If you have questions or need more information about your medication, please speak to your pharmacist. Kaiser Permanente does not endorse any brand names; any similar products may be used. Herbs and supplements are sold over-the-counter. Kaiser Permanente carries only herb categories for which some evidence exists to show that the herbs may be effective to treat certain medical conditions.