

For questions about the procedure call 609-265-1700

## Colyte Preparation Sheet

Please fill your **Colyte** prescription at least 2 days before your scheduled exam and do not forget to purchase the **Dulcolax** tablets. (These are over the counter.)

### Step 1: MIX THE SOLUTION

Add lukewarm drinking water to top of line on bottle. **Cap the bottle and shake well** to dissolve the powder. The mixed solution will be clear and colorless. Use within 48 hours. Do not add anything else, such as flavorings, to the solution. You may place in the refrigerator.

### Step 2: DRINK ALL THE COLYTE SOLUTION STARTING in the EVENING when HOME

Drink 1 (8 oz) glass every 10 minutes (about 8 glasses). Drink each glass quickly rather than drinking small amounts continuously. A watery bowel movement should begin in approximately 1 hour. **Be sure to drink ALL the solution.** You will still have loose bowel movements for about 1 to 2 hours after you finish drinking the solution. You may continue to drink clear liquids up until midnight.

**Step 3: TAKE 2 DULCOLAX TABLETS** at bedtime (These are over the counter and do not need a prescription)

### What are the side effects of Colyte?

Common side effects include Nausea, abdominal fullness, and bloating in up to 50% of patients. Abdominal cramps, vomiting and anal irritation occur less frequently. **Side effects are temporary and usually subside quickly.**

### THE MORNING OF THE PROCEDURE:

**Do Not Eat or Drink ANYTHING the day of the test, except morning medicines with a small sip of water up to 4 hours before the test. DO NOT CHEW GUM, HARD CANDY, or SMOKE UNTIL AFTER YOUR PROCEDURE.** If the test is scheduled after 1 PM then you may have small sips of water up to 8 AM, then nothing more afterwards.