



Hampton Roads Gastroenterology

501 Medical Drive, Hampton VA 23666

Tel: 757-826-3434 Fax: 757-826-9028

PREPARATION FOR COLONOSCOPY

(using Colyte, NuLyte, GaviLyte, or GoLyte)

Please obtain your prep kit from the pharmacy several days prior to your procedure. If you have any problems with your prep, please call the office at 826-3434.

DO NOT FOLLOW THE INSTRUCTIONS PROVIDED BY THE PACKAGE INSERT; FOLLOW THESE INSTRUCTIONS FOR YOUR PREP. Thank you!

For the 3 days prior to your procedure: Avoid greens, vegetables, leafy foods, corn, and seeds (including fruits with seeds)

On the day before the procedure:

1. You may only have CLEAR LIQUIDS. Try to drink something every hour that you are awake.

You may have: apple juice, white grape juice, Jell-O (ONLY green or yellow), popsicles (ONLY green or yellow), 7-UP, Sprite, Ginger Ale, weak tea, CLEAR broths (with no food in it), and bouillon cubes.

You MAY NOT have: orange juice, coffee, Coke, Pepsi, solid foods, milk, any broths with bits of food or highly seasoned broths, or alcoholic beverages.

2. If you are *extremely* hungry, you may have a cup of blended yogurt (no fiber) or a nutrition drink such as Boost or Ensure before 2 PM.
3. Mix your CoLyte, NuLyte, GaviLyte, or GoLyte with 1 gallon of water and leave it in the refrigerator all day to get cold. The evening before your procedure, drink **HALF** of the gallon with solution between 5 and 7 PM. Sip it, do not gulp it. Drink approximately 8 ounces every 15 minutes.

On the morning of your procedure:

1. Three hours before your scheduled procedure time, but no later than 7 AM, drink the remaining **HALF** gallon of prep solution.
2. You may BLOOD PRESSURE, SEIZURE, AND OTHER CRITICAL HEART MEDIATIONS the morning of your procedure.
3. You must have a driver for your procedure; you will be sedated and not allowed to drive yourself. You may not take a taxi or bus home from the procedure.
4. Be at the office endoscopy suite 1 hour PRIOR to your scheduled procedure time. If your procedure is at the Sentara Careplex Hospital, please arrive 1 ½ hours PRIOR to your procedure time.

CANCELLATION POLICY: YOU MUST PROVIDE 3 BUSINESS DAY (72 HOUR) NOTICE TO CANCEL OR RESCHEDULE A PROCEDURE. THERE MAY BE A \$150 FEE IF NOTICE IS NOT PROVIDED.