



Hampton Roads Gastroenterology

303 Butler Farm Road Suite 103, Hampton VA 23666

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

PREPARATION FOR COLONOSCOPY

(using Colyte, Nulytely, Gavilyte, or Golytely)

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. **STOP DRINKING ALL LIQUIDS AFTER COMPLETING YOUR PREP. YOU MAY NOT EAT ANY FOOD ON THE DAY OF YOUR PROCEDURE. IF YOUR PROCEDURE IS IN THE AFTERNOON, YOU MAY DRINK CLEAR LIQUIDS UP UNTIL THREE HOURS BEFORE YOUR PROCEDURE TIME.**
1. You may take BLOOD PRESSURE, SEIZURE, ASTHMA, ANXIETY, AND OTHER CRITICAL HEART MEDICATIONS the morning of your procedure.
2. 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.
3. Be at the office endoscopy suite 1 hour PRIOR to your scheduled procedure time. If your procedure is at the Mary Immaculate Hospital, please arrive 1 hour 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.





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Procedure Instructions

 **STOP ALL CLEAR LIQUIDS (including water) 3 HOURS BEFORE YOUR ARRIVAL TIME** 

For endoscopies: NO FOOD THE DAY OF YOUR PROCEDURE

For colonoscopies: NO FOOD THE DAY BEFORE & DAY OF YOUR PROCEDURE

If you have any questions, please call the office at 757-826-3434.

- The day of your procedure, take medications as usual for blood pressure, asthma, seizures, anxiety, and other cardiac related drugs (i.e. beta blockers, calcium channel blockers). **If your procedure is early in the morning, take your pills with a small sip of water as soon as you get up.**
- Bring any prescribed inhalers with you to your procedure.
- If you are on a blood thinner such as **Coumadin, Warfarin, Eliquis, Plavix, Pradaxa, Xarelto, Effient, or Brilinta**, let your physician know before scheduling and they will determine whether to take it or not.
- If you are diabetic, we recommend that you take ½ of your usual insulin dose the day of your procedure. **Do not take oral medications for diabetes** (Metformin, Glucophage, etc.) **the morning of your procedure.** Please wait until after the procedure. We will check your blood sugar prior to the procedure. Optimal blood sugar for procedure is <250.
- Use of GLP-1 agonists for weight loss (*Ozempic semaglutide, Trulicity dulaglutide, Byetta exenatide, Victoza liraglutide, Bydureon exenatide, Wegovy semaglutide, Mounjaro/Zepbound tirzeplatide, Rysbelsus semaglutide, Saxenda liraglutide*) must be stopped 1 week prior to the procedure.
- Use of phentermine must be stopped 3 days prior to the procedure.
- **Do not chew gum or candy the day of your procedure.**
- **DO NOT SMOKE MARIJUANA THE DAY OF YOUR PROCEDURE.**

You must have a driver for your procedure; you will be sedated and not allowed to drive yourself. You may not take a taxi, bus, or Uber/Lyft home from the procedure.

72 hours (3 business days) notice is required for cancellations or you will be charged a fee of \$150. We appreciate your cooperation.