

GASTROENTEROLOGY ASSOCIATES OF TIDEWATER

David L. Kreger, M.D., F.A.C.P., F.A.C.G.
 Alan J. Gamsey, M.D., F.A.C.P., F.A.C.G.
 Steven Dandalides, M.D., F.A.C.P., F.A.C.G.

Felix P. Tiongco, M.D., F.A.C.P.
 Pramod Malik, M.D.
 Walid F. Makdisi, M.D.
 Brian Sullivan, M.D.

Colyte Preparation For Colonoscopy

Your **colonoscopy** is scheduled for _____ at _____ AM/PM

At Chesapeake Hospital DePaul Hospital Chesapeake Office Virginia Beach Office

Diabetes handout given.

- ◆ All regularly used medication such as Digoxin etc. should be continued, except as advised.
- ◆ No blood thinners (Plavix, Coumadin etc.) for ONE WEEK PRIOR TO PROCEDURE.
- ◆ Make sure you have someone to accompany you and drive you home from your procedure.

PLEASE FOLLOW THESE INSTRUCTIONS CAREFULLY:

- ◆ On _____ fill Colyte jug with tap water (to line) and chill in refrigerator.

The day before the examination on _____

- Drink only clear liquids for breakfast, lunch, and dinner.

Clear Liquid Diet:

- | | | |
|---|---|---|
| • Water | • Jell-O (all flavors except red) | • Popsicles (no red) |
| • clear fruit juice (apple, white grape, cranberry) | • black coffee or tea, sugar or sweetener | • Gatorade (no red) |
| • bouillon or fat-free broth | • any soda (Coke, Pepsi, etc.) | • Italian Ice |
| • hard candy (Lifesavers) | • popsicles | • Boost or Ensure (<u>fiber-free</u>) |

NO MILK – NO MILK PRODUCTS – NO SOLID FOODS

SPLIT DOSE

4-6 hours before bedtime @ _____, drink 2 liters of Colyte, then on _____ 5 hours before leaving home @ _____, drink remaining 2 liters of Colyte.

1. The day of the examination on _____

- a. Continue clear liquids until leaving home for the procedure
- b. Please report to the location on time at _____ AM/PM, with your driver. **YOU ARE REQUIRED TO HAVE AN ADULT ACCOMPANY YOU AND TO TAKE RESPONSIBILITY FOR YOUR CARE AFTER THE PROCEDURE, OTHERWISE YOUR PROCEDURE MAY BE CANCELLED.**

IF YOU HAVE QUESTIONS PLEASE CONTACT OUR OFFICE AT 547-0798. For more information see our website: www.gatqi.com under Procedures.

Norfolk Office

160 Kingsley Lane, Suite 200
 Norfolk, Virginia 23505
 (757) 889-6800
 Fax (757) 547-0145

Virginia Beach Office

5701 Cleveland Street, Suite 100
 Virginia Beach, VA 23462
 (757) 547-0798
 Fax (757) 547-0145

Chesapeake Office

112 Gainsborough Square, Suite 200
 Chesapeake, Virginia 23320
 (757) 547-0798
 Fax (757) 547-0145