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### COLYTE/PEG INSTRUCTIONS

**MORNING BEFORE EXAM:** EAT A LIGHT BREAKFAST ONLY ON THE DAY BEFORE YOUR PROCEDURE, NO LATER THAN 10 A.M. (YOU MUST REMAIN ON A CLEAR LIQUID DIET UNTILL MIDNIGHT...A LIST OF LIQUIDS ALLOWED ARE INDICATED BELOW)

\*\*\*\* PREPARE COLYTE ACCORDING TO INSTRUCTIONS ON THE BOTTLE AFTER BREAKFAST AND BE SURE TO REFRIGERATE FOR USE THAT NIGHT. PATIENTS WHO WORK CAN PREPARE THE PREP BEFORE YOU LEAVE IN THE MORNING.

**BETWEEN 11 A.M. AND 1 P.M.:** HAVE A LIQUID LUNCH AT APPROXIMATELY THIS TIME PERIOD.

**BETWEEN 3 P.M. AND 5 P. M.:** HAVE A LIQUID SUPPER (A CLEAR BROTH, AND PERHAPS A GELATINE DESSERT).

**APPROXIMATELY 6:00 P.M.:** BEGIN DRINKING COLYTE AS INSRUCTED – 8 OUNCES EVERY 10-20 MINUTES UNTIL THE PREP IS COMPLETELY FINISHED.

**APPROXIMATELY 10 P.M.:** YOU WILL HAVE FINISHED DRINKING COLYTE.

**AFTER 11 P.M.:** IT'S TIME FOR A GOOD NIGHT'S REST.

**MORNING OF EXAM:** DO NOT EAT OR DRINK ANYTHING UNLESS YOU TAKE ANY OF THE FOLLOWING TYPES OF MEDICATIONS...**BLOOD PRESSURE, THYROID, AND HEART MEDICATIONS MUST** BE TAKEN ON THE MORNING OF THE PROCEDURE WITH ONLY A SIP OF WATER!!!!

### DIET INSTRUCTIONS.

- ◆ Do not drink anything colored red, blue or purple.
- ◆ NO ASPIRIN 1 WEEK PRIOR TO YOUR PROCEDURE.
- ◆ Water, tea or coffee (no milk or non-dairy creamer). Sweeteners are o.k.
- ◆ Soft drinks (7-Up, cola, Ginger ale, Sprite, etc.), Gatorade, Lemonade.
- ◆ Strained fruit juices without pulp (apple, white grape, white cranberry, etc.)
- ◆ Hard candies.

YOUR COLONOSCOPY IS ON \_\_\_\_\_ AT \_\_\_\_\_.