

COLONOSCOPY NuLyteLy Prep Instructions

Date of Procedure: ____/____/____ Check In Time: _____

PICK UP PRESCRIPTION FOR BOWEL PREP SOLUTION AND (over the counter) MAGNESIUM CITRATE NOW

5-7 days prior ____/____

3 days prior ____/____

2 days prior ____/____

1 day prior ____/____

Procedure Day ____/____

STOP taking iron supplements, blood thinners such as Plavix, Coumadin, Aspirin, Ibuprofen, Aggrenox, etc. Please check with your prescribing doctor to make sure it is safe to stop taking this medication. Continue

PLEASE CALL OUR OFFICE TODAY IF UNABLE TO KEEP YOUR APPOINTMENT. 479-1952

Drink at least 8 glasses of water today.

DO eat a light breakfast, then begin clear liquid diet, NO SOLID FOOD. Be sure to include drinks with calories, not just water. (refer to clear liquid diet sheet)

BEGIN 2nd part of bowel Prep 6 hours prior to appointment. Repeat drinking 8oz of solution every 15 minutes until complete. Drink an additional 16 oz of clear liquids. **Finish drinking 4 hours prior to appointment.**

You MAY take Tylenol or Acetaminophen for pain if needed prior to your procedure.

NO food or drink with artificial red or purple dyes. This includes jello and popcicles. You may mix yellow Crystal Light with prep.

At 10am, drink a bottle of Magnesium Citrate.

Drink clear liquids up to 2 hours prior to procedure time. If stool is not CLEAR/urinelike after completing second prep, please contact us ASAP. 479-1952

You will be sedated and not allowed to drive the day of your procedure. Please arrange for a driver, preferably someone to whom we can release your medical information.

Stop eating nuts, seeds, corn or popcorn. No strawberries, whole grain bread, tomatoes, cucumbers, popcorn, etc.

Diabetic Medications:

INSULIN:

Day of Procedure: 1/2 usual dose ____ or ____

Day before Procedure: 2/3 usual dose ____ or ____

Oral Medications:

Day of Procedure: Do not take ____ or ____

Day before Procedure : Do not take ____ or ____

At 5pm: follow mixing instructions for your prep. Drink 8oz. Prep every 15 minutes until **HALF** the solution is consumed. Do not refrigerate solution as it can

Walking helps decrease possible nausea. It is important to drink clear liquids in addition to prep solution. Continue drinking clear liquids till bedtime. NO consumption of alcohol of any kind.

If you are diabetic, please be sure to follow specific instructions regarding your medication regime.

If you experience nausea or vomiting, temporarily stop drinking and try to resume drinking in one hour at a slower rate.

You may take regularly prescribed blood pressure medications with a small sip of water 2 hours before or 2 hours after prep. (or bring these with

If you are diabetic, please be sure to follow specific instructions regarding your medication regime.

Be sure to bring: driver, insurance card, medication list, copay (if needed), asthma inhalers, CPAP machine and insulin.

Please plan to spend approximately 3 hours at your appointment. This is to ensure adequate time in case of delays.