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INSTRUCTIONS FOR COLONOSCOPIC PREP WITH NULYTLEY READ CAREFULLY - DO NOT EXCEED RECOMMENDED DOSAGE AS SERIOUS SIDE EFFECTS MAY OCCUR

Name _____ Procedure _____

PLEASE REVIEW ALL INSTRUCTIONS UPON RECEIPT

In order to assure optimal colonoscopic examination, the following guidelines are recommended:

- 1. Take no aspirin or aspirin containing products for five (5) days before the procedure. Acetaminophen, (Tylenol) can be used. Do not take any arthritis medications like ibuprofen (Advil, Aleve, Motrin, Naprosyn, Celebrex, Bextra) for three to five (3-5) days before the procedure.**
2. Take no extra dietary fiber, including Metamucil, Citrucel, Fibercon, or similar products for one (1) week before the procedure.
3. **Stop** all iron medications, or vitamins containing iron one (1) week before the procedure.
4. Please discontinue use of **CARAFATE** or any antacids (Maalox, Tums, Rolaids) 24 - 48 hours prior to procedure.
5. Do not eat nuts, raisins, fruits containing seeds, foods containing seeds (sesame, poppy, ect.) or uncooked vegetables three (3) days before the procedure.
- 6. You can take your regular medications on the morning of the examination, except insulin.** Please check with us prior to taking any insulin or other antidiabetic medications on the morning of the examination.
7. If you are on any kind of blood-thinning medications, such as **COUMADIN**, please inform our office at 227-1080, **IMMEDIATELY**.

DAY BEFORE EXAMINATION

1. Begin a clear liquid diet from 12 noon the day before the procedure. No food is allowed. Clear liquids include water, lemon-lime soft drinks, colas, apple juice, jello, and broth (**NO red or purple jello and/or liquids allowed**). You may have coffee and tea, but no milk or powered creamer. **DRINK AS MUCH LIQUID AS YOU CAN TOLERATE.**

DIRECTIONS FOR COLONOSCOPY PREP WITH NULYTELY
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There are two options for using Nulytely Preparation

Option #1:

1. At 4:00 p.m. the day before the examination start Nulytely. Drink 8 oz. of Nulytely every 15 minutes until the container is empty (4 liters). This may take 4-6 hours. Diarrhea may start in 1 - 2 hours. Please remain within easy reach of toilet facilities.
2. The morning of your examination you may have a clear liquid breakfast.

OR

Option #2:

1. At 4:00 p.m. the day before the examination start Nulytely. Drink 8 oz. of Nulytely every 15 minutes until you have finished half of the container (2 liters). This may take 2 - 3 hours. Diarrhea may start in 1 - 2 hours. Please remain within easy reach of toilet facilities.
2. The morning of your procedure, three (3) to four (4) hours before your scheduled hospital arrival, drink 8 oz. of Nulytely every 15 minutes until you have finished the remaining two liters. Continue on clear liquids.

Additional Information:

You should plan on 2 - 3 hours, including recovery time, for this test.

Transportation arrangements must be made for someone to pick you up at the EMPC and accompany you home. **NO EXCEPTIONS CAN BE MADE!**

You must arrange for a neighbor, friend, or family member to stay with you after your arrival home, since sedation effects can last well into the evening.

For some procedures, prior blood tests may be necessary. These tests need to be done between 1 - 3 weeks before the procedure. Special instructions will be given for people on blood-thinning medications. If you are required to have these blood tests, the requisition for the laboratory will be enclosed.

If you are unable to keep your scheduled appointment, cancellation is appreciated 48 hours in advance by calling **227-1080** between 9 a.m. and 4:30 p.m. If you fail to notify us you may be charged. Also, please call this number if you have any further questions.