

## *Information for You from Your Health Care Team*

### Nulytely Colonoscopy Preparation (2 Day Prep)

Your colonoscopy will be performed by: \_\_\_\_\_

Date and Time of Colonoscopy: \_\_\_\_\_ Arrive at: \_\_\_\_\_.

Your procedure will be done in the Endoscopy Suite at:

Hill Medical Building Suite 206

University Hospital, 750 E. Adams St.

The colon must be completely cleansed and empty. This is achieved by drinking the bowel cleansing solution given to you as indicated below. Failure to follow these instructions could lead to an unsuccessful colonoscopy that may have to be repeated.

#### Two days prior to the procedure:

- Begin a clear liquid diet and remain on a clear liquid diet until after your colonoscopy is completed.
- **Clear Liquid Diet**
  - **Soups:** Clear bouillon, chicken broth or vegetable broth.
  - **Beverages:** Tea and Coffee (without cream/milk), Kool-Aid and Gatorade (**no red or purple**), apple juice, cranberry juice, grape juice, and carbonated beverages.
  - **Dessert:** Italian ice, Popsicles, and Jell-O (**no red or purple**).
  - At 4:30 PM, following your first day of clear liquids, \_\_\_\_\_ (date) drink 1 bottle of Magnesium Citrate followed by 3 glasses of clear liquid.
  - Between 2:30 PM and 5 PM the afternoon prior to your procedure \_\_\_\_\_ (date) Start drinking 1 glass (8oz) of the Nulytely every 10-15 minutes until the gallon is finished. If you become nauseated, stop drinking the solution until the nausea subsides. Then restart the solution, leaving 20 minute intervals or longer between glassfuls. **It is very important that you finish the preparation without vomiting.** This will cause you to have loose, watery bowel movements.
  - You may drink as much water as you like until midnight.
  - **Nothing after midnight, except medications.**
  - **Continue** your usual medications (except for those listed below) as scheduled. The morning of your colonoscopy, you may take your essential medications such as those for blood pressure, heart, thyroid, and seizure with a small amount of water.
  - **Iron pills:** Stop 7 days before your colonoscopy.
  - **Notify our office NOW** if you are taking **coumadin (warfarin) or plavix**. These are “blood thinning” medications that will need to be adjusted the week before your colonoscopy.
- **Diabetics:** If you are on insulin once a day, take half your usual dose the day prior to your colonoscopy, and do not take your insulin the morning of your procedure. If you take insulin more than once a day, please contact your primary care physician or diabetic physician for instructions.
- If you need to cancel or change your appointment, please call (315) 464-1600 48 hours in advance.

- Because of the medications given to you during the examination, you must have someone accompany you home after you are discharged. If you come without someone, your test will not be done.
- Please leave any valuables at home.

**If you have any questions or need to cancel or change your appointment, please call University Gastroenterology at (315) 464-1600 or University Gastroenterology Endoscopy Suite at (315) 464-1616.**