

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

### Nulytely Colonoscopy Preparation

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.

#### The day 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, beef 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**).

#### Preparation

- In the morning mix your Nulytely per the package instructions. Recap the bottle, shake well and refrigerate.
- Between 2:30pm and 5pm begin drinking your Nulytely (shake well before drinking): An 8 ounce glass every 10 - 15 minutes until the solution is gone. It is important that you drink all the solution. This will cause you to have loose, watery bowel movements.
- If you become nauseated, stop drinking the solution until the nausea subsides. Begin drinking the solution again leaving longer intervals between glasses as needed. **It is important that you finish the solution without vomiting.**
- You may drink clear liquids until **Date/Time:** \_\_\_\_\_
- **If you need to cancel or change your appointment, please call the University Gastroenterology Endoscopy suite at  (315)464-1616 or  (315)464-1600.**

## **Medications:**

- Continue your usual medications (except for those listed below) as scheduled. You may take your medications the morning of the procedure.
- Notify our office **NOW** if you are taking **Coumadin (Warfarin), Plavix, Pradaxa, or Aggrenox**. These are blood thinning medications and will need to be adjusted the week prior to your procedure.
- **Diabetics:** If you are taking insulin injections, administer one half your usual dose the day before the procedure. Do not take oral diabetic medication the day prior or morning of test. Do not take your insulin and/or oral medication the morning of your procedure.
- Stop taking iron pills 7 days prior to Colonoscopy.
- If you have any questions regarding your preparation or procedure, please call University Gastroenterology at (315) 464-1600 or University Gastroenterology Endoscopy Suite at (315) 464-1616.

**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 contact your insurance company in advance to verify your benefits.
- Please bring Insurance cards, photo ID and co-payment to your appointment.
- Patients are responsible for their own parking fees.
- Please leave valuables, i.e. jewelry, at home.

**Attention patients and family members: It is our policy that your transportation provider remains in the waiting room until your procedure is complete.**