

INSTRUCTIONS FOR COLONOSCOPY: NuLYTELY PREP

DATE: _____ **TIME:** _____

PLEASE REPORT TO: _____

Arrive 45 minutes prior to procedure time to register

PLEASE MAKE ARRANGEMENTS TO HAVE SOMEONE DRIVE YOU HOME BECAUSE YOU WILL BE MEDICATED FOR THIS PROCEDURE. If you are using public transportation, a responsible person must accompany you to your home. If these instructions are not followed, your procedure will be canceled. You cannot work after your procedure because of the sedation you will receive. You can expect to be discharged approximately two hours after your scheduled procedure time.

If you have a history of heart disease and take a daily **aspirin**, you **do not** need to stop taking it. If however, you have no history of heart disease and are taking a daily aspirin for preventative purposes, please stop this one week before you procedure. Be sure to check with our office regarding any of the following: diabetes, valvular heart disease, bleeding tendencies or anti-coagulation therapy.

ANTI-INFLAMMATORY MEDICATIONS such as Advil, Motrin, Aleve, Naprosyn, and other Ibuprofen products as well as **IRON PILLS**, and **METAMUCIL/FIBER SUBSTITUTES** should be stopped **ONE-WEEK** prior to your procedure. (Calcium, Tylenol, Vitamins C & B are OK to continue taking).

Two days prior to your procedure, avoid foods such as fruits, vegetables, skins, roughage, seeds and nuts.

You may have **CLEAR LIQUIDS ONLY** for one full day before your procedure. (This means **you may not have any solid food** from the time you wake up in the morning the day before the procedure) Clear liquids include broth, decaf coffee/tea (no cream, sugar is OK), clear juices (like apple or white grape), all sodas, Jello, Gatorade, Popsicles, and water. **NO RED DYES:** Jello, Popsicles, sherbert, and juices must be non-red in color, as red dyes found in foods can look like blood during the procedure.

You will need to purchase one **NuLYTELY BOWEL PREP KIT** at your pharmacy (prescription enclosed).

AT 5:00PM the night before your procedure you will start drinking the NuLYTELY laxative. You may experience nausea while taking this preparation. It is important that you continue drinking to ensure proper preparation for completion of the test. **Drink one 8oz. glass of NuLYTELY every fifteen minutes** (four glasses an hour). You must continue to drink the preparation at this rate **UNTIL YOUR STOOLS RUN CLEAR.** (It will look like you are passing water). Once this happens, you may stop drinking the laxative.

You may continue with **clear liquids until 4 hours prior to your scheduled procedure time** (for example, if your procedure time is 12:00pm, you may have clear liquids until 8:00am). **After this time, DO NOT HAVE ANYTHING BY MOUTH.** Do not take any medications the morning of the procedure unless otherwise instructed by our office. You may bring medication with you to take after the procedure is over.

Please call the office at least 2 days prior to your procedure to confirm the date, time and location. If you have any questions or difficulties with this preparation, please contact our office at 401-421-8800.

Most insurance companies cover this procedure however if you have not checked with your insurance company of you are unsure of your benefits please check with your carrier regarding coverage.