

COLONOSCOPY PREPARATION – NuLytely

NuLytely

Failure to follow these instructions may lead to a cancellation of the procedure.

FIVE (5) DAYS PRIOR TO YOUR PROCEDURE:

If you take Aspirin, or any medication containing Aspirin, or any blood thinning medication such as Coumadin, Plavix, Aggrenoxd, Effient and anti-inflammatories such as Ibuprofen, Motrin, Aleve, Naproxyn, Celebrex, please sure that you have discussed this with your Doctor who be doing your procedure.

DAY BEFORE COLONOSCOPY

1. You should be on a CLEAR LIQUIDS ONLY diet all day (water, tea, sodas, popsicles, Italian ice Gatorade, Kool-aid, apple juice, white grape juice, other strained fruit juices without the pulp, chicken/beef broth, (clear) Jell-o. **NO dairy products.** Drink as much clear liquids as possible during the day.
2. All medicines (except listed above) should be taken on your Regular schedule.
3. Starting at 8: am fill the NuLytely jug to the fill line with water and mix well (with flavor pack if you wish). If desired, you may refrigerate NuLytely solution for a few hours.
DO NOT OVER-CHILL!
4. At 6 pm, begin to drink the NuLytely solution, one glass (8-oz) every 10 or 15 minutes until ½ of the solution is gone. You may wish to add lemon or lime (sugar free) flavored Crystal Light to the NuLytely and/or suck on a lemon or lime wedge between glasses of NuLytely.

5. After finishing the first half of the NuLytely container of, walk around and be active, but do not stray too far from the bathroom. You may continue to drink only clear liquids.

DAY OF COLONOSCOPY PROCEDURE

1. Four (4) hours prior to your procedure drink the remaining half of the NuLytely solution, 1 glass every 7-10 minutes until you finish. **Be sure to finish all of the solution.**
 2. You may take medication with a few sips of water up to 2 hour before the procedure time. Stop all Liquids 2 hours prior to procedure time.
- Plan to be at the Out-Patient Surgery Center a total of 2-3 hours.
 - Please make arrangements to be driven home after your procedure; you will not be allowed to drive yourself home. Your procedure will need to be rescheduled if you do not have a driver. Public transportation or taxi is not permitted.
 - Call the office at 925-460-8167 if you have any difficulty with your preparation.
 - Please notify the office at least 72 hours in advance if you plan to cancel your procedure, otherwise a cancellation fee of \$50 may be charged. Call 925-460-8167 and leave your name and date of time of your procedure and we will return your call.