

Preparation for Colonoscopy – NuLyteLy

Prepared for: _____

Date: _____

You are scheduled for an examination of your large intestine called a colonoscopy. During this test, a flexible tube with a light at the end is passed into your intestine through your rectum. Before this procedure is done, your intestinal tract must be completely cleaned using the following procedures. This will allow the physician to see your intestinal tissue clearly. Please follow these instructions carefully to ensure that you have an effective preparation for your colonoscopy.

THINGS TO PURCHASE

Buy the following at any pharmacy

- NuLyteLy – prescription attached

One Week Before Colonoscopy

- DO NOT take Aspirin or Aspirin products. This includes Advil, Aleve, Motrin, Ibuprofen, Excedrin or Ecotrin
- You may take Tylenol
- Check with your family doctor if you are on Coumadin, Plavix or Heparin
- If you are diabetic, you may need to adjust your medication. Check with your family doctor
- If you are taking diabetic medication such as Glucophage (metformin), please stop this one day prior to the procedure
- DO NOT eat nuts, seeds, popcorn or corn 1 week prior to procedure

ONE DAY BEFORE COLONOSCOPY (*bowel preparation*)

- **Morning:** Have a good breakfast.
- **Afternoon:** Starting at noon, clear liquids **ONLY**. You can have as much as you would like. Clear liquids include: water, fruit juices (without the pulp), apple, white grape, clear broth or bouillon, coffee or tea (without milk, cream or non-dairy creamers) Gatorade, carbonated or non-carbonated soft drinks/sodas, plain Jello (**NOT RED** and without added fruits)

Preparation for Colonoscopy – NuLytely

- **Afternoon – Bowel Preparation:**

3:00 p.m. Drink 8 ounces of NuLytely every 10 to 20 minutes, drinking water between each dose. Once you have finished all of the NuLytely, drink plenty of water. This will insure a good bowel prep.

- **Evening:** You may have clear liquids until **MIDNIGHT**.
- **Nothing by mouth after MIDNIGHT.**

AFTER THE COLONOSCOPY PROCEDURE

You may feel a fullness and gas sensation in your abdomen. This feeling should pass after several hours. If you have any questions, please call 323-865-3690.

Prep for colonoscopy (NuLytely) 3-2-10