

## NuLytely Preparation for Colonoscopy

*You must have someone available to drive you home after your colonoscopy. Plan on spending 2 ½ to 3 hours at the facility.* Your colonoscopy is scheduled on \_\_\_\_\_ Check-In: \_\_\_\_\_ Location: \_\_\_\_\_  
(CHECK-IN TIME IS SUBJECT TO CHANGE)

### FIVE DAYS BEFORE COLONOSCOPY

- **Call our office for specific instructions if you take insulin, blood thinners (such as Coumadin, Plavix, Aspirin 325mg, Fish Oil, Vitamin C, Vitamin E, St. John's Wort), or NSAIDS (such as Ibuprofen, Aleve, Naproxen, Alka Seltzer, Excedrin)**
- **Do not eat seeds or nuts for 5 days prior to colonoscopy.**
- You may want to purchase petroleum jelly or another type of barrier ointment to apply to your anal area between frequent bowel movements.

### DAY BEFORE COLONOSCOPY

- You may take your regular medications, unless otherwise directed.
- **Drink clear liquids only.** Do not eat any solid food. A clear liquid is something that you can see through, such as Gatorade, Crystal Light, chicken broth, jello, coffee without creamer, soft drinks, or apple juice. **Avoid alcohol and liquids that contain red or purple dye.** Drink as much clear liquid as you can tolerate. This will prevent dehydration and improve the quality of the colon preparation (by flushing the stool from the colon). A complete colonoscopy cannot be performed on an unclean colon.
- **In the morning, prepare NuLytely solution by adding four (4) quarts of HOT tap water.** Shake repeatedly to be sure the powder is completely dissolved. Then place in refrigerator to cool.
- **At 6 p.m., you will begin drinking half of the NuLytely solution. Drink 8 oz every 10 – 15 minutes until you have finished approximately half of the solution.**
- You may have additional clear liquids before going to bed.

### DAY OF COLONOSCOPY

- **Five hours prior to your check-in time, drink the other half of the NuLytely solution.**
- Take your morning medications, unless otherwise directed. No solid food until after colonoscopy.
- **Continue clear liquids until 2 hours before your check-in time.** Do not have anything by mouth after this point, as your stomach must be completely empty.

\*If biopsies are done during your colonoscopy, please allow 5-7 business days for results\*

### 72 hour notice for cancellation or reschedule

**Holiday's or weekends DO NOT count for the 72 Hours and you MUST call our office 520-335-6730**