

Copper Queen Community Hospital

101 Cole Avenue, Bisbee, Az 85603

Phone: [520] 335-6730

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: **HOSPITAL STAFF WILL CALL WITH CHECK IN TIME** (CHECK-IN TIME IS SUBJECT TO CHANGE)

Location: Copper Queen Community Hospital

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

- **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.
- You may take your regular medications, unless otherwise directed.
- **Drink clear liquids only all day.** 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.
- **At 3 p.m., you will begin drinking the NuLytely solution. Drink 8 oz every 10 – 15 minutes until you have finished all the solution.** If you start to feel sick during the prep, slow down the rate you are taking the NuLytely (i.e.: take 20-30 min apart)
- You may have additional clear liquids before going to bed.

DAY OF COLONOSCOPY

- **You may continue clear liquids up until 6 hours prior to check in time. Discontinue liquids at that time, you are to be NPO 6 hours prior to check in.** Do not have anything by mouth after this point, as your stomach must be COMPLETELY empty.
- Take your morning medications, unless otherwise directed. No solid food until after colonoscopy.
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