

2 Day Prep Nulytely Instructions- Colonoscopies before 12:30pm

Seven Days Prior to Your Colonoscopy

- ✓ Stop taking Aspirin (unless you are otherwise instructed by your doctor) and NSAID's (Ibuprofen, Naprosyn, Mobic, Advil, Motrin, Aleve, Excedrin etc.). You are allowed to take Tylenol.
- ✓ Stop taking Multivitamins, Vitamin E, Iron, Fish Oils (Omega Fatty Acids and Lovaza).
- ✓ If you are on Coumadin (Warfarin), Plavix (Clopidogrel), Pradaxa (dabigatran) , Eliquis (apixaban), Xarelto (rivaroxaban), Effient (prasugrel) or any other blood thinner -discuss with your Primary Care Doctor when these medications should be stopped.
- ✓ **If you are a DIABETIC**, check with your Primary Care Doctor about what to do with your diabetic medication the day before and the day of the procedure.

Three Days Prior to Your Colonoscopy

- ✓ Fill prescription for NuLYTELY at your local pharmacy. *Your prescription will be for 8 liters of solution since the pharmacy has to dispense it that way, but you will only need to drink 6 liters of solution in total.
- ✓ Eliminate Nuts, Seeds, Salads, Skins of Fruits, Vegetables and Fiber supplements from your diet.
- ✓ Purchase a box of baby wipes (moist wipes).
- ✓ Purchasing a big wide straw (like you would use for a milkshake) can make drinking the solution easier.

Two Days Prior to Your Colonoscopy

- ✓ **Stop eating solid food.** Begin a clear liquid diet. Drink at least 8 glasses of water during the day to avoid dehydration. (Refer to the table below to check which liquids and drinks are allowed on a clear liquid diet).

The Day Before Your Colonoscopy

- ✓ Continue the clear liquid diet throughout the day. No solid foods.
- ✓ At **8 am** you will drink the first **2 liters** [64 oz] of the NuLYTELY solution. Drink one 8 oz. glass of NuLYTELY solution every 15 minutes. Do not drink any other liquids while you are drinking the NuLYTELY solution.
- ✓ At **3 pm** you will drink another **2 liters** [64 oz] of the NuLYTELY solution. Drink one 8 oz. glass of NuLYTELY solution every 15 minutes. Do not drink any other liquids while you are drinking the NuLYTELY solution. This completes the first 4 liter container of prep.
- ✓ At **9 pm**, drink the final **2 liters** (64 oz.) of prep solution. You should drink one 8 oz. glass every 15 minutes. Afterward, you will have 2 liters of prep solution left in the container, which you can throw away.
- ✓ After going to the bathroom, use only the baby wipes (moist wipes) to prevent irritation.

The Day Of The Colonoscopy.

- ✓ **You will be allowed to have Clear Liquids UP UNTIL 4 hours prior to your test**
- ✓ Unless otherwise instructed by your doctor, you may take all your **prescription** medications with a sip of water. If you have Lung Problems and use inhalers or a CPAP machine, please bring them with you.
- ✓ Do not smoke the day of the procedure.
- ✓ You must arrive **15 MINUTES** prior to the scheduled procedure.
 - ❑ 1205 Franklin Avenue Garden City NY, Suite 150
(516) 650-3355
- ✓ Because of the medication you will receive during the procedure, **someone must accompany you home.** For the remainder of the day you will be required to rest at home and not operate a vehicle.

2 Day Prep Nulytely Instructions- Colonoscopies after 12:30pm

Seven Days Prior to Your Colonoscopy

- ✓ Stop taking Aspirin (unless you are otherwise instructed by your doctor) and NSAID's (Ibuprofen, Naprosyn, Mobic, Advil, Motrin, Aleve, Excedrin etc.). You are allowed to take Tylenol.
- ✓ Stop taking Multivitamins, Vitamin E, Iron, Fish Oils (Omega Fatty Acids and Lovaza).
- ✓ If you are on Coumadin (Warfarin), Plavix (Clopidogrel), Pradaxa (dabigatran) , Eliquis (apixaban), Xarelto (rivaroxaban), Effient (prasugrel) or any other blood thinner -discuss with your Primary Care Doctor when these medications should be stopped.
- ✓ **If you are a DIABETIC**, check with your Primary Care Doctor about what to do with your diabetic medication the day before and the day of the procedure.

Three Days Prior to Your Colonoscopy

- ✓ Fill prescription for NuLYTELY at your local pharmacy. *Your prescription will be for 8 liters of solution since the pharmacy has to dispense it that way, but you will only need to drink 6 liters of solution in total.
- ✓ Eliminate Nuts, Seeds, Salads, Skins of Fruits, Vegetables and Fiber supplements from your diet.
- ✓ Purchase a box of baby wipes (moist wipes).
- ✓ Purchasing a big wide straw (like you would use for a milkshake) can make drinking the solution easier.

Two Days Prior to Your Colonoscopy

- ✓ **Stop eating solid food.** Begin a clear liquid diet. Drink at least 8 glasses of water during the day to avoid dehydration. (Refer to the table below to check which liquids and drinks are allowed on a clear liquid diet).

The Day Before Your Colonoscopy

- ✓ Continue the clear liquid diet throughout the day. No solid foods.
- ✓ At **8 am** you will drink the first **2 liters** [64 oz] of the NuLYTELY solution. Drink one 8 oz. glass of NuLYTELY solution every 15 minutes. Do not drink any other liquids while you are drinking the NuLYTELY solution.
- ✓ At **5 pm** you will drink another **2 liters** [64 oz] of the NuLYTELY solution. Drink one 8 oz. glass of NuLYTELY solution every 15 minutes. Do not drink any other liquids while you are drinking the NuLYTELY solution. This completes the first 4 liter container of prep.
- ✓ After going to the bathroom, use only the baby wipes (moist wipes) to prevent irritation.

The Day Of The Colonoscopy

- ✓ **At 7am**, drink the final 2 liters (64 oz.) of prep solution. You should drink one 8 oz. glass every 15 minutes. Afterward, you will have 2 liters of prep solution left in the container, which you can throw away.
- ✓ **You will be allowed to have Clear Liquids UP UNTIL 4 hours prior to your test**
- ✓ Unless otherwise instructed by your doctor, you may take all your **prescription** medications with a sip of water. If you have Lung Problems and use inhalers or a CPAP machine, please bring them with you.
- ✓ Do not smoke the day of the procedure.
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Clear Liquid Diet

This diet consists of food products that are clear (things you can see through). The purpose of this type of diet is to limit the amount of food residue in the colon in order to be able to thoroughly examine the colonic wall during your colonoscopy.

| Food Category | ALLOWED |
|----------------------|---|
| Beverages | Water, Tea or Coffee(without milk), Apple Juice, Grape Juice, Soda, Ginger Ale, Gatorade, or other Clear Drinks |
| Desserts | Plain Jell-O (no red color), Water Ices (Italian Ices), Popsicles |
| Soups | Fat Free Broth, Fat Free Bouillon, Fat Free Consommé |
| Sweets | Hard Candy, Honey, Sugar |

The above diet should be **followed strictly** in order to help ensure a thorough colonoscopic exam. No other foods are allowed with this diet, some examples of foods NOT allowed are listed below.

| NOT ALLOWED |
|--|
| Milk, Cheese, Breads, Ice Creams, Sherbet, Eggs, Fruits, Vegetables, Meat, Poultry, Fish |

Sample Meal Pattern

Breakfast: 1 glass of apple juice, 1 cup of Jell-O, 1cup of tea with sugar
10am Snack: 1 glass of ginger ale, 1 cup of Jell-O
Lunch: 1 cup of chicken broth, 1 glass of carbonated beverage
3pm Snack: 1 cup of tea with sugar, 1 cup of Jell-O
Dinner: 1 cup of vegetable consommé, 1 glass of fruit Juice
8pm Snack: 1 cup of Italian ice, 1 cup of Jell-o

 Remember, always keep yourself well hydrated