

# Colonoscopy Procedure

How to prepare for your Colonoscopy using:

## Nulytely Bowel Prep

If you have any questions, please call 802-447-5551, Mon.-Fri., 8 a.m.- 3 p.m. If it is after hours, please call the switchboard at 802-442-6361 and request a return call from the Endoscopy nurse on call.

Patient Name: \_\_\_\_\_

Colonoscopy scheduled with Dr. \_\_\_\_\_

Date of procedure: \_\_\_\_\_ Arrival time: \_\_\_\_\_

**\* Follow all of the instructions in this handout exactly as they are written. If you do not follow the directions, your colonoscopy may be cancelled.**

\* Check with your health insurance provider regarding your health plan benefits prior to your procedure.

\* Your bowel must be empty so that your doctor can clearly view your colon.

\* It is required for you to have a driver at the time of your discharge.

\* Pre-Registration will call you a week prior to your procedure (Arrival times are subject to change.)

\* If your procedure is being done under monitored Anesthesia care (heavy sedation), you will also receive a separate call from a preop nurse a week prior to your procedure.

\* Failure to complete pre-registration/preop nurse call, will result in your procedure being cancelled

### Special Instructions on Diabetic and/or Blood Thinners:

Diabetic: \_\_\_\_\_  
\_\_\_\_\_

Blood Thinners: \_\_\_\_\_  
\_\_\_\_\_

\*\*\* Aspirin, Advil, Aleve, Acetaminophen or Tylenol are acceptable.

### **Pick up from your PHARMACY:**

- \*\*Purchase Nulytely bowel prep called into your pharmacy.  
(please note that a generic brand may have a different name.)
- \*\*Please disregard any instructions that come with the preparation from the pharmacy and follow these instructions.

## **DAY BEFORE PROCEDURE**

### **NO FOOD, Clear Liquid Diet ONLY**

See clear liquid diet sheet enclosed

### **BEGIN BOWEL PREP:**

- \*Your Nulytely prep is a powder at the bottom of a plastic jug.
- \* Please note that **the mixture is only good for 48 hours** so do not mix before the day prior to your exam.
- \*Add 64 oz. of water and 64 oz. of G2 Gatorade (sugar free Gatorade) to equal a total of 128 oz. (if you cannot drink the Gatorade, please see enclosed clear liquid sheet for other substitutions to use instead of Gatorade). Cover and shake to mix.
- \* Anytime Between Noon and 5 p.m. start to drink the Nulytely preparation.
- \*An 8 oz. glass should be consumed every 15-30 minutes until the entire bottle is empty.

-If you become nauseated or excessively full, stop and take a 30-60 minute break before resuming the process.

-It is most important to finish the bottle!!!!

-After drinking the Nulytely solution, clear liquids may be consumed until midnight.

-Unless otherwise instructed, please take your regular evening medications after you complete your prep.

## **DAY OF PROCEDURE**

### **Nothing to Drink except:**

\*\*\*Sip of water with normal morning medications

- Do not take** your diuretic (water pill) this morning.
- Follow special instructions on **Diabetic/Blood thinner** medications from previous page.

\*\*\*Take **inhalers** as prescribed and bring them with you to your appointment.

**Please have all jewelry removed for the day of your exam.**