

Colonoscopy Procedure

How to prepare for your Colonoscopy using:

Nulytely Split 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

Instructions on Diabetic and/or Blood Thinners:

Diabetic: _____

Blood Thinners: _____

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

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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 just 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 half of the Nulytely mixture is consumed.
- If you become nauseated or excessively full, stop and take a 30-60-minute break before resuming the process.
- After drinking the Nulytely solution, clear liquids may be consumed until midnight.
- Unless otherwise instructed, please take your regular evening medications after you complete half of your preparation.

DAY OF PROCEDURE

Nothing to Drink except:

- *Drink the remaining half of the prepared Nulytely mixture. Finish this by_____.
- *If nausea or vomiting develops, stop drinking and wait 30 minutes before restarting.

After Completing your prep:

- ***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.**