

Colonoscopy Prep – NuLytely®

Please read packet thoroughly. If you have any questions please call (631)-289-0300 ext. 224.

An empty, clean colon is the most important part of a successful colonoscopy. If your colon is not empty, polyps and lesions can be missed; the procedure may take longer (increasing the risk of complications); or the whole process may need to be repeated or rescheduled.

Follow the steps below for a successful colonoscopy.

o **Before your colonoscopy...**

- Be sure to get the necessary blood work, EKG, or clearance **if you were instructed to do so.**
- If there is any chance of pregnancy, take a home pregnancy test prior to taking the prep. Call immediately if positive.
- If you have diabetes, talk to the doctor who prescribes your diabetic medications for specific instructions.

7 days before your colonoscopy

- o **Talk to your prescribing doctor (usually your primary care physician or cardiologist) if you take blood thinners. Do not stop blood thinners until you speak with them.**

Blood thinners include:

- | | |
|------------------------|--------------------|
| • Aggrenox® | Lovenox® |
| • Agrylin® | Persantine® |
| • Aspirin | Plavix® |
| • Coumadin® (Warfarin) | Pradaxa® |
| • Effient® | Ticlid® |
| • Heparin | Xarelto® |
| • Brilinta | Eliquis (Apixaban) |

It is okay to take Tylenol® if you have to.

o **Arrange for a ride home**

You will be drowsy after your exam and will not be allowed to drive yourself home. Arrange for an adult, 18 years or older, to drive you home.

If you cancel your appointment less than 5 days prior to your procedure, you will be responsible for a \$100 service fee.

5 days before your colonoscopy

o **Stop taking supplements**

These include: iron pills, vitamin E, fiber supplements (Metamucil®, Citrucel®, Fiberall®), and herbal supplements (echinacea, ginkgo biloba, ginseng, fish oil)

o **Get your bowel prep items from the drug store:**

- **NuLytely®**

- Pick up your prescription from the pharmacy today if you haven't done so already.

- **Magnesium Citrate (Citrate of Magnesia)**

- Get one (1) 10 oz bottle. Available without prescription.
- Choose **green** or clear color.

- **Petroleum jelly (vitamin A&D ointment)**

- To help with comfort during your bowel prep, you can apply some petroleum jelly or vitamin A&D ointment to your bottom or anus after each bowel movement. You can also use Vaseline®, Desitin®, Tucks®, or zinc oxide.



4 days before your colonoscopy

o **Stop eating high-fiber foods**

Fibers from these foods can remain in the colon and clog the scope. High-fiber foods include:

- | | |
|--|---|
| <input type="checkbox"/> fresh and dried fruit | <input type="checkbox"/> vegetables w/ skins and seeds |
| <input type="checkbox"/> canned fruit and vegetables | <input type="checkbox"/> (beans, corn, onions, peas, tomatoes) |
| <input type="checkbox"/> nuts, seeds (flax, sunflower, quinoa) | <input type="checkbox"/> thick, pulpy fruit juices, like orange juice |
| <input type="checkbox"/> oatmeal, granola, bran | <input type="checkbox"/> tough meat, including ribs, steak, pork |
| <input type="checkbox"/> popcorn | <input type="checkbox"/> whole grain bread, cereals, pasta |
| <input type="checkbox"/> pureed foods | <input type="checkbox"/> |

- You can eat white rice, white mashed potatoes, yogurt, eggs, plain pasta, fish, turkey, chicken and white bread.

1 day before your colonoscopy

You will receive your time from Great South Bay Endoscopy 1 week prior.

- **Stop eating solid food, milk and dairy products**
- **No alcohol**
- **Consume clear liquids.** These include:
 - Broth or bouillon
 - Clear juices: apple, white grape, or white cranberry
 - Italian ices
 - Fruit-flavored drinks: Crystal Light®
 - Hard candy
 - Honey
 - JELL-O®
 - Popsicles®
 - Soda: ginger ale, cola, Sprite®, 7-Up®
 - Sorbet
 - Sports drinks: Gatorade®, Powerade®
 - Water
 - Plain coffee and tea

No **red, pink, blue, orange, or purple**
Yellow, green, or clear liquids only.

If your procedure is before 9 am, follow these instructions:

You will receive your time from Great South Bay Endoscopy 1 week prior.

1 day before your colonoscopy

Medicines should be taken on your regular schedule unless otherwise directed.

- **If your procedure is before 9 am:** Start your bowel prep

9am – mix your laxative:

- Add drinking water to top of indicated line on the laxative bottle. If adding flavor, empty a packet into the container now. Cap the bottle and shake to dissolve. Refrigerate.

6pm – drink Magnesium Citrate (Citrate of Magnesia):

- Drink the entire 10 oz bottle of green or clear Magnesium Citrate.

7pm – start drinking NuLytely®:

- Start drinking 8 oz of the laxative mixture every 15 minutes until the entire container is gone.
- Starting at midnight, you may have nothing by mouth, including water.

- ✓ Some people find drinking the mixture through a straw at the back of the tongue helps improve the taste. You can also suck on a lemon wedge after each glass.
- ✓ **Drink plenty of clear liquids during and after bowel-prep process to help prevent dehydration. Can also mix prep with: Low Sugar Juices (Plain or diet), white grape juice or white cranberry juice, lemonade, G2 Gatorade, or unsweetened Iced Tea.**

If your procedure is at 9 am or later, follow these instructions:

You will receive your time from Great South Bay Endoscopy 1 week prior

1 day before your colonoscopy

Medicines should be taken on your regular schedule unless otherwise directed.

Fill the jug to the indicated line



- **If your procedure is at 9 am or later:** Start your bowel prep

9am – mix your laxative:

- Add drinking water to top of indicated line on the laxative bottle. If adding flavor, empty a packet into the container now. Cap the bottle and shake to dissolve. Refrigerate.

6pm – drink Magnesium Citrate (Citrato de Magnésio):

- Drink the entire 10 oz bottle of green or clear Magnesium Citrate.

7pm – start 1st dose:

- Start drinking 8 oz of the laxative mixture every 15 minutes until 3/4 of the container is gone.
- Starting at midnight, you may have nothing by mouth, including water.

6am on the day of your procedure– start 2nd dose:

- Start drinking final quarter of the laxative mixture: drink 8 oz every 15 minutes until the container is empty.
- Be sure to finish drinking all of the laxative by 7am.

- ✓ Some people find drinking the mixture through a straw at the back of the tongue helps improve the taste. You can also suck on a lemon wedge after each glass.
- ✓ **Drink plenty of clear liquids during and after bowel-prep process to help prevent dehydration. Can also mix prep with: Low Sugar Juices (Plain or diet), white grape juice or white cranberry juice, lemonade, G2 Gatorade, or unsweetened Iced Tea.**
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Day of your colonoscopy

- **If your procedure is before 9 am:** Starting at midnight before your exam, it's VERY important that you don't take ANYTHING by mouth, including water.
- **If your procedure is at 9 am or later:** You can drink the remaining prep starting at 6am.

Fill the jug to the indicated line



- You should take blood pressure, thyroid, and heart medications on the morning before your procedure with a sip of water.
- Arrive early for your procedure
 - Wear loose comfortable clothing
 - Leave jewelry and valuables at home
 - If your meds have changed, bring meds list with milligrams and quantity
 - Bring photo ID, insurance card
- No jewelry such as rings, earrings, necklaces, or body piercings.
- **REMEMBER: DO NOT EAT OR DRINK ANYTHING AFTER MIDNIGHT EXCEPT ALLOWABLE MEDICATIONS AND PREP IF APPLICABLE.**
- No gum, Listerine® strips, candy, or ice chips

Specific Instructions: