

# Nulytely Prep

Read at least 5 days prior to your colonoscopy

**\*\*Your prescription for Nulytely Prep has been sent electronically to your pharmacy\*\***

Read by: \_\_\_\_\_

Date of Colonoscopy: \_\_\_\_\_ Arrival Time: \_\_\_\_\_

Time of Colonoscopy: \_\_\_\_\_ Cancel by: \_\_\_\_\_

*(\$100.00 FEE if not cancelled by this date)*

**Location:**

\_\_\_\_\_ Presbyterian Hospital Dallas, 8200 Walnut Hill Lane, Dallas, TX 75231,

*1<sup>st</sup> floor, Main GI lab, Phone (214) 345-2669*

\_\_\_\_\_ North Central Surgical Center (attached to the Carrell Clinic),

9301 N Central Expy, Tower 1, 2nd floor (follow signs to the endoscopy/ pain management suite at the end of the hall), Dallas, TX 75231      *Phone (214) 265-2810*

You are scheduled for a *colonoscopy*, an examination of the colon (large intestine) with a lighted flexible scope. During colonoscopy, if an abnormality is seen, it is biopsied and removed. A biopsy involves removing a portion or all of the abnormal area for processing and subsequent examination under a microscope. Plan to be with us for a total of three to four hours. You will arrive at the Gastroenterology lab about 60– 90 minutes prior to your colonoscopy. When you arrive, you will need to complete your paperwork and change into a patient gown. The nursing staff will perform a brief assessment, place an I.V., and take you into the procedure room where you will be sedated and undergo colonoscopy. The colonoscopy itself takes about 30 – 60 minutes. After colonoscopy, you will rest in the recovery area while the sedative wears off. Due to the sedation, you may not remember your conversation with Dr. Gottesman after the colonoscopy. Please have a family member or friend stay with you who can speak with the doctor and nurses after the procedure. *By law, you cannot drive the rest of the day.* We advise you to take the entire day off from work. If a large polyp is removed at colonoscopy, you cannot fly in an airplane for 10 days.

**Things to purchase in advance:**

- Nulytely prescription
- 1 10oz bottle of Magnesium Citrate (no cherry)
- Crystal light (nothing red) enough to make 128 oz.

# Nulytely Prep

---

## Read at least 5 days prior to your colonoscopy

**On :** \_\_\_\_\_ **Five days before colonoscopy:**

- \* arrange for your ride- YOU MAY NOT DRIVE THE DAY OF COLONOSCOPY
- \* Make sure you have picked up your prescription for your prep; this was sent electronically to your pharmacy at the time of your office visit with Dr. Gottesman
- \* **Stop taking: ALL supplements, vitamin E, fish oil, omega 3, Coumadin (warfarin), Pradaxa, Effient, aspirin, baby aspirin, Plavix, Aggrenox, ibuprofen, naproxen, Motrin, iron, vitamins with iron and most arthritis medication.** If Dr. Gottesman told you to continue these medications then you may do so. If you stop Coumadin or Pradaxa you will sometimes be instructed to use another medication. Any questions call today! Tylenol (acetaminophen) may be used for pain.
- \* Notify us if you have a history of **heart valve problems**. New guidelines from the American Heart Association recommend NO antibiotics during colonoscopies, with rare exception
- \* Read all prep information and call with questions.

**On:** \_\_\_\_\_ **Two days before colonoscopy:**

- \***WHAT TO EAT:** Pasta, white bread, beef, chicken, and fish (NOT FRIED), cooked vegetables and cooked fruit are ok
- \***WHAT NOT TO EAT:** High fiber meals, nuts, popcorn, raw fruit, raw vegetables, whole grains, salads, fiber supplements
- \* Make a list of ALL medications you take (prescription and over the counter medications) to bring with you to the surgical center or hospital on the day of your colonoscopy. Also make a list of ALL allergies including allergies to soy and eggs.
- \* BODY PIERCINGS: must be removed

# Nulytely Prep

---

## Read at least 5 days prior to your colonoscopy

**On:** \_\_\_\_\_ **The day before colonoscopy:**

**Early in the day:** Mix Nulytely powder with 4 liters (approx.1 gallon) of water, or Crystal Lite, and chill to use later. Also put the bottle of Magnesium Citrate in the refrigerator to chill.

\* CLEAR LIQUIDS ONLY!!!!!! ALL DAY!!!!!!!!!! ***NOTHING RED!!!!!!***

\* Drink at least 8 glasses (2 quarts) of water, Gatorade, or juices from list below

**WHAT TO EAT/ DRINK :** Clear bouillon, broth or consommé, Italian ices, popsicles, Jell-O, hard candy. Juices: white cranberry, white grape, apple, strained lemonade or Lime-aid (no pulp in juices)

**WHAT NOT TO EAT/DRINK: NO SOLID FOOD OF ANY KIND. NO RED BEVERAGES, NO ORANGE JUICE**

**At 3:00PM:** Drink 10 oz of Magnesium Citrate (best if chilled). Drink an additional 32oz of any clear liquid over the next 2 hours.

**At 6:00pm:** Drink NuLyteLy, 8oz every 10-20 minutes until ½ of the solution is gone (eight glasses). Refrigerate the other ½. If nausea or vomiting occurs, stop drinking for 30 minutes and resume drinking at a slower rate. Using a fat straw placed in the back of the mouth makes it easier. Drink an additional 32 oz. of any clear liquid over the next 2 hours

\* **Medications:** Take your usual medications, except those you were told to stop on the 5 days prior instructions above. Call if you are not sure what to take.

**DIABETICS:** You will take ½ of your usual diabetes medication (pill or Insulin)

**On:** \_\_\_\_\_ **The day of your colonoscopy:**

**6 hours prior to your procedure:** \_\_\_\_\_ **AM. Start drinking the other ½ of Nulytely, 8 oz every 10-20 minutes until gone. (YES, IT MUST BE AT THIS TIME, AND YES, YOU WILL BE FINISHED GOING TO THE RESTROOM BEFORE YOU GET ON THE ROAD)**

**You may continue to have clear liquids until 3 hours prior to your procedure.**

\* Medications **to take:** all of your usual prescriptions, including your blood pressure, heart, and anti-seizure medications, except those you were told to stop 5 days prior to colonoscopy.

\* Medications **NOT to take:** blood thinners, insulin, oral diabetic medications

\* **DIABETICS:** Do **NOT** take your diabetes pills or your insulin injection this morning. ***Bring them with you to take AFTER you have eaten, following your colonoscopy.***

# Nulytely Prep

---

## Read at least 5 days prior to your colonoscopy

### Frequently Asked Questions

**1. One of the medications I was instructed to take the morning of my procedure is red. Can I take it?** Medications for blood pressure, heart conditions, and seizures should be taken the morning of your exam regardless of the color.

**2. I feel like vomiting and do not think I can drink any more. What should I do?** It is important that you continue to drink the solution if possible. Without a clean bowel, the doctor will not be able to see the inside of your colon to complete the examination. If you do vomit, wait 30 minutes and begin drinking the solution again. If not improved, call us and have a phone number of an open pharmacy in case we need to call in a prescription.

**3. I drank a lot of the solution and have not gone to the bathroom yet. What should I do?** Keep drinking. Most people have a bowel movement after an hour; some patients may take two hours or longer.

**4. I am taking the prep and now having loose, watery stools. Do I still need the rest of the prep?** Yes, you may have solid stool higher in the colon that needs to be eliminated.

**5. I already have diarrhea before taking the prep, do I still have to take the laxative?** Yes, you must take the prep as directed by your doctor. Your colon is approximately six feet long. The entire colon must be emptied for your physician to see the colon clearly.

**6. I see yellow color in the toilet bowl and a few flecks. What do I do?** If you drank the entire solution or if your last bowel movements were clear enough that you were able to see the bottom of the toilet, you should be fine. It is okay if you have some flecks of material. The yellow color is a result of bile that normally colors the feces. This should not interfere with the examination.

**7. My bottom is so sore. What can I do?** To clean the area, avoid rubbing. Gently pat with a wet washcloth. Apply Vaseline, Preparation H, or Desitin liberally.

**8. Can I chew gum or suck candy?** Yes, but nothing with soft centers or red color.

**9. What if I am still passing stool the morning of my test?** Take a tap water enema until you run clear. If this does not work, call the office.

**10. Can I brush my teeth?** Please do.

**11. Can I wear my dentures?** Yes, you may wear your dentures to the endoscopy suite. However, you may be asked to remove them prior to the procedure.

**12. I have been instructed not to take anti-inflammatories or blood thinners several days before the procedure. What can I take for headaches and pain relief?** You may take Tylenol as directed.

**13. Can I have chicken soup?** You can only have the broth; no noodles, chicken, or vegetables allowed.

**14. Can I have the colonoscopy if I am menstruating?** Yes, the procedure can still be performed. We ask that you use a tampon if possible (not absolutely necessary).