

# Colonoscopy Procedure

## INFORMATION FOR PATIENTS



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.–4 p.m. If it is after hours, please call the office of the physician with whom you are scheduled:

Drs. Maranino, Mensh, or Shustina: 802-447-1536

Drs. Cope, Drew, Fisk or Moore: 802-447-5060

Patient name: \_\_\_\_\_

Colonoscopy scheduled with Dr: \_\_\_\_\_

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

**IMPORTANT: Please read these instructions (see below and following pages for all instructions) at least 2 weeks before your colonoscopy.**

- Your bowel must be empty so that your doctor can clearly view your colon.
- Follow all of the instructions in this handout exactly as they are written. If you do not follow the directions for when to start drinking the bowel preparation, your colonoscopy may be canceled.
- Do not eat any solid food the entire day before your colonoscopy.
- Buy your bowel preparation at least 3 days before.
- Ideally you should have a responsible family member or friend accompany you to your colonoscopy and remain in the endoscopy area until you are discharged. Green Mountain Express Bus or a taxi that will walk you to your door are permissible. You are not allowed to drive or leave the Endoscopy Center alone.
- If your procedure is being done under monitored anesthesia care (heavy sedation), you will receive a pre-anesthesia interview phone call — **Date:** \_\_\_\_\_.

(If your procedure is being done under lighter (or conscious) sedation, you will receive a call to pre-register three days before your scheduled procedure. Arrival times are subject to change.)

## INSTRUCTIONS

### 7 DAYS PRIOR TO PROCEDURE

**CHECK MEDICATIONS** (Note: It is not necessary to stop all of your usual medications.)

If you take any blood thinning medications, as listed below, please call your prescribing physician and ask if it is safe to stop them prior to your procedure. • Aggrenox • Effient • Plavix • Ticlid

You cannot have the procedure done if you did not get special instructions from your PCP or prescribing physician if you take: • Coumadin • Eliquis • Pradaxa • Xarelto

If you have accidentally taken any of the above medications, your procedure may not be canceled, but there may be a slight increase in the risk of bleeding. Please contact us and ask whether or not you should cancel.

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

You may have been asked to stop your aspirin in the past, but you **should** continue to take it.

\* If you are a diabetic, you will receive specific instructions about your diabetes medicines from the GI Nurse Navigator.

\* If you use an inhaler, please bring it with you to the procedure.

#### **PURCHASE:**

- Purchase Nulytely with enclosed prescription. (Please note that a generic brand may have a different name.)

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## **DAY BEFORE PROCEDURE**

### **BEGIN BOWEL PREP:**

**CLEAR LIQUIDS ONLY.** Do NOT eat any solid foods. NO RED LIQUIDS. Drink at least 8 ounces of clear liquids every hour after waking up. The clear liquids you can drink include: water, apple or white grape juice; broth; coffee or tea (without milk or creamer); clear carbonated beverages such as ginger ale or lemon-lime soda; Gatorade® or other sports drinks (not red); Kool-Aid® or other flavored drinks (not red). You may eat plain jello or other gelatins (not red) or popsicles (not red). Do NOT drink alcohol on the day before or the day of the procedure.

- Your Nulytely prep is a powder at the bottom of a plastic jug. Please follow the instructions on the bottle. 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 G2 Gatorade and 64 oz. of just water. Cover and shake to mix. Mix is only good for 48 hours.
- **Between noon and 5 p.m., start to drink the Nulytely preparation.**
- An 8 oz. glass should be consumed every 15–20 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.

Please take your regular evening medications after you finish your preparation (unless instructed otherwise).

Nothing to eat or drink after midnight.

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## **DAY OF PROCEDURE**

### **FINAL PREPARATION:**

Nothing to eat or drink except:

- Take all usual morning medications with a sip of water, as prescribed by your physician, except if you are on a diuretic. Please hold your diuretic (water pill) this morning (e.g., no Lasix or HCTZ medications).
- Take inhalers as prescribed and bring them with you to your appointment.

Please do not wear perfume or cologne on the day of your exam.

After finishing your prep, you may continue to have clear liquids up until four hours prior to your test time.