

# Colonoscopy Preparation with Nulytely

## Preparation Instructions: Diet and Medication

### 7 Days Prior To Procedure

1. Stop aspirin, aspirin containing products, Alka-seltzer, iron supplements, vitamin supplements containing vitamin E & C, garlic, Ginseng, Ginkgo Biloba, Ginger, saw Palmetto, Pepto Bismol, multivitamins, fish oils, or any other herbal supplements.
2. Avoid popcorn, nuts, corn, beans & poorly digestible vegetables (corn, broccoli, etc)
3. Stop non-steroidal inflammatory medications (NSAIDS) such as Motrin, Advil, Aleve, etc. Tylenol is permitted.

### 3-5 Days Prior To Procedure

- Stop all anti-coagulant or anti-platelet medications. (**Coumadin/Warfarin, Xarelto, Pradaxa, Persantin Lovenox, anti-platelet agents: Ticlid or Plavix.**)

**\*\*You must consult with your cardiologist or primary care physician regarding discontinuing these medications.** If you have been instructed to continue any of these medications, you must advise your gastroenterologist prior to the procedure so that he can discuss with your doctor.

### On the day before the procedure:

**STEP 1:** You will need to go on a clear liquid diet the entire day. **NO SOLID FOODS.** You can drink clear liquids up to 3 hours prior to the appointment. Avoid juices with pulp such as orange or grapefruit juice. No dairy products, cream or soy. Coffee and tea are acceptable. Examples of clear liquids include broth or bouillon, Jell-O, clear juices, sports drinks such as Gatorade, sodas such as Sprite, 7-Up, or ginger ale, lemonade, Popsicles, coffee or tea and of course, water. Avoid red or purple colored liquids. You may use sugar, honey or lemon.

*Any of the following liquids are OK to drink*



Water



Strained fruit juices (without pulp) including apple, orange, white grape, or white-cranberry



Limeade or lemonade



Coffee or tea. DO NOT use any dairy or non-dairy creamer



Chicken broth



Gelatin desserts without added fruit or toppings (NO RED OR PURPLE)

## How to take NuLYTELY

This product should be used the day before your colonoscopy. Your doctor will tell you when it is time to begin. ***IT IS IMPORTANT TO FOLLOW ALL THE STEPS BELOW COMPLETELY.***

**Step 1:** This product can be used with or without one of the flavor packs that comes with the bottle.

If adding flavor, tear open flavor pack and pour contents into the bottle BEFORE reconstitution. Discard unused flavor packs.

**Step 2:** Add lukewarm drinking water to top line on bottle. Cap the bottle and shake to dissolve the powder. The mixed solution will be clear and colorless. Do not add anything else, such as additional flavorings, to the solution.

When reconstituted, keep solution refrigerated. However chilled solution is not recommended for infants.

The reconstituted solution should be used within 48 hours. Discard unused portion.

**Step 3:** The first bowel movement usually occurs approximately 1 hour after you start drinking NuLYTELY. Continue to drink NuLYTELY until the watery stool is clear and free of solid matter. This usually requires at least 3 liters. Any unused portion should be discarded.

**Step 4:** Drink 1 (8 oz) glass every 10 minutes. Rapid drinking of each portion is better than drinking small amounts continuously. The first bowel movement should begin approximately 1 hour after the start of NuLYTELY administration.

You will still have loose bowel movements for about 1 to 2 hours after you finish drinking the solution

## When to take NuLYTELY

At 5:00pm the day before your procedure start taking the solution as follows:

- Begin drinking one glass of solution every 15 minutes until  $\frac{3}{4}$  of the jug of solution of liquid is used.

The day of the procedure:

- Five and one half hours prior to the start time of your procedure, start drinking one glass of the solution every ten minutes until the remainder of the solution is finished
- Continue to drink clear liquids until 3 hours before your scheduled arrival time.
- All oral diabetic medications should not be taken the day of the procedure.
- Patients on insulin should contact the physician who prescribes the insulin for instructions for day prior to and day of procedure.
- Take all your heart, blood pressure, and seizure medication as usual with small sips of water.
- Allow enough time for the laxative to finish working before traveling.
- You should be accompanied by a friend or relative to drive or assist you home. You will not be allowed to drive for 12 hours after the procedure.

**DO NOT DRINK ANY FLUIDS 3 HOURS PRIOR TO PROCEDURE**

### AFTER YOUR COLONOSCOPY

1. Because you are receiving light anesthesia, you must have an adult (18 years or older) accompany you home. The driver must be flexible as the procedure may run longer than expected.
2. The person driving you must accompany you at check in for confirmation and instructions for pick up.
3. You should not plan to work, schedule other appointments or meetings following your procedure. You should not drive for the remainder of the day.
4. After your procedure is completed, you may experience some cramping or bloating because of the air introduced into the colon during the examination. This should settle down with the passage of gas.
5. Generally you should be able to eat after your procedure, but your doctor may restrict your diet and activities, especially if a polyp was removed.

### HELPFUL HINTS

1. You should be prepared to be near the bathroom during this preparation. The laxative can take effect within 1-4 hours.
2. The laxative will cause you to have very loose, watery stools. That is the goal. Take the entire laxative to be sure your colon will be well prepped for viewing.
3. Consider having a soothing cream such as Vaseline, A&D, or Desitin cream available to reduce irritation from frequent bowel movements.
4. Please pay close attention to the directions concerning what you should and should not eat and drink to avoid having to reschedule your procedure.
5. You should allow enough time for the laxative to finish working before traveling.

Please call our office at (650) 988-7488 if you have any further questions.