

## **NuLYTELY/GoLYTELY Prep for Colonoscopy**

You have been scheduled for a procedure with Northern New Mexico Gastroenterology Associates. Please follow these instructions to prepare for your colonoscopy.

**Due to sedation, you MUST have a driver. Your driver is required to remain at the facility and to drive you home after your procedure. Public transportation and “drop off/pick up” is not allowed. Due to the sedation, you may not remember what your doctor tells you after the procedure, if this happens, please call our office at 505-983-5631 for an explanation of your results. If a biopsy is taken, it will take 5 to 7 working days for the doctor to get the biopsy report.**

**Please fill the prescription and read all of the instructions ahead of time so you can be adequately prepared for this procedure.**

**IF YOU MUST CANCEL THIS APPOINTMENT, PLEASE PROVIDE ADVANCED NOTICE OF AT LEAST THREE (3) WORKING DAYS. FAILURE TO DO SO MAY RESULT IN A \$100.00 CHARGE TO YOU.**

### **FIVE DAYS PRIOR TO YOUR EXAM**

- Avoid food with nuts or small seeds

### **THE DAY BEFORE YOUR COLONOSCOPY**

- Eat a normal breakfast
- **After 12:00 Noon, start your clear liquid diet, do not eat any solid food.**  
**You may have clear liquids from the following list:**
  - \*Chicken, beef, or vegetable broth, apple juice, soft drinks, Gatorade, coffee, tea, iced tea, iced coffee (no cream, milk, soy, rice, or additives may be used), water, jello, popsicles \*\*\*NONE OF THESE MAY BE RED, BLUE, OR PURPLE
- **Between 3:00-5:00 pm**
  - \*Fill the NuLYTELY up to the designated “fill” line with drinking water, this is 128 ounces. It may help to chill, drink through a straw, and/or add some lemon or lime flavor packets for taste
  - \*Begin drinking the first half gallon (64 ounces) of NuLYTELY, this is approximately 8- 8 ounce glasses (drink approximately one 8 ounce glass every 10-15 minutes)
  - \*Expect to begin having bowel movements within 1 to 2 hours. If you don’t have bowel movements within the first two hours or you become nauseated, slow down or temporarily stop drinking the solution. You may feel a little bloated. Once bowel movements begin, finish the remainder of the 64 ounces (this is approximately half of the bottle)
- **After 5:00 PM:**
  - \*Continue with the clear liquid diet, drink lots of liquids to keep yourself well-hydrated

## THE DAY OF YOUR COLONOSCOPY

- **3 hours before your exam:**

- \*Drink the second half gallon of the NuLYTELY solution.

- You need to have this finished 2 hours before you arrive for your appointment. Continue drinking 8 ounce glasses of the solution every 10-15 minutes until you have finished THE ENTIRE BOTTLE.

- \*IMPORTANT: YOU ARE NOT TO HAVE ANYTHING BY MOUTH 2 HOURS PRIOR TO YOUR APPOINTMENT TIME. This includes the preparation as well as any additional liquids you have been drinking.

## MEDICATIONS

- **Blood thinning medications** (such as Coumadin, Warfarin, Plavix, Lovenox, etc) may need to be discontinued prior to your procedure. **Please contact your prescribing physician for instructions in advance**; you may need to be off these drugs up to 10 days prior to your procedure. Ticlid & Plavix users you have the option of waiting until treatment is completed if you are scheduled for a screening colonoscopy. Otherwise, antiplatelet agents should be continued although they will increase risk of bleeding if biopsies are done
- **Unless prescribed by your physician**, please avoid the following medicines if possible: aspirin, aspirin products (e.g. Alka-Seltzer, BC powder, etc) or non-steroidal anti-inflammatory drugs (e.g. ibuprofen, Nuprin, Advil, Aleve, Motrin, etc) for 5 days prior to your appointment
- **Continue to take your other prescribed medications (e.g. blood pressure pills) as usual.** If you have any questions about your medications, call your prescribing physician. Take AM doses the day of your exam after you finish your prep
- **Diabetic patients**, if you take an oral hypoglycemic (“sugar pill”) **do not take it the day of your procedure.** If you are taking **insulin**, you should only take **half (1/2) of your usual scheduled insulin dose the night before.** **On the day of your procedure wait until you eat after the procedure to take your usual AM dose**