

**NULYTELY PREPARATION FOR COLONOSCOPY INSTRUCTIONS**

You have been scheduled for a Colonoscopy at:

\_\_\_\_\_ Laredo Digestive Health Center ( Suite 219 )

**Exam Date:**

\_\_\_\_\_ Other Place \_\_\_\_\_

**Arrival Time:**

**You may register the day of the procedure.** Please make arrangements for someone else to drive you home. You are advised to leave all jewelry and valuables at home or with a family member as the facility will not assume responsibility for any items that may be lost or misplaced.

**Stop 5 days before exam:** Coumadin, Warfarin, Plavix (clopidogrel), Trental (pentoxifylline) and Aspirin

**Stop 5 days before exam:** Iron supplements and NSAIDS ( such as Advil, Aleve, Celebrex, Feosol, Ferrous Sulfate, Ibuprofen, Mobic, Motrin, Naprosyn, fish oils etc. ).

You may take Tylenol for pain as needed. Diabetes medications may be managed differently.

Take all other medications as usual unless otherwise instructed by your physicians.

**CLEANSING INSTRUCTIONS:** Before the examination, complete cleansing of the colon is necessary. Purchase your laxatives at your pharmacy (refrigerate, if needed). It is important that you follow the instructions as directed. The cleansing preparation may cause nausea, bloating, or occasional vomiting. To minimize rectal irritation, you may apply diaper rash ointment, as needed, to the rectal area before, during, and after taking the laxatives.

If you suffer from **constipation** extended preparation may be necessary.

For extended preparation, you need to start one (1) week before the exam date.

TAKE Miralax Powder 17 Grams twice a day or Phillips Milk Of Magnesia 2 Tablespoons twice a day.

**DAY BEFORE COLONOSCOPY:**

1. Eat a light Breakfast before 10:00 a.m.
2. At 10: 00 am take 1-10oz Bottle Magnesium Citrate (not cherry) **THIS IS OVER THE COUNTER**
3. Drink only clear liquids after 10:00 a.m. Follow the clear liquid diet at the bottom of this page.
3. At 6:00 PM mix the **NULYTELY** laxative according to package directions. This will make a Gallon.
4. **At 6:00 PM Drink an 8 oz glass every 15 minutes until you finish 1/2 of the Gallon.**  
**This will take about 2 hours and will equal to 8 glasses.**
5. Save the rest of the Nulytely 1/2 Gallon in the refrigerator.
4. Drink 8 more 8 oz glasses of water or clear liquids for the next 2 hours.

**DAY OF COLONOSCOPY:**

1. Drink clear liquids when you wake up.
2. Take your blood pressure medications today. 1/2 dose of Insulin is allowed (consult your doctor). or check glucose level. Bring all your medicines with you to the facility.
3. Take the remaining Nulytely 1/2 gallon out of the refrigerator.
4. **At : AM/PM, Drink an 8 oz glass every 15 minutes until you finish all of the Gallon.**
5. Do not drink any more liquids when you finish the Gallon.

**The Laredo Digestive Health Center may change arrival time and instructions as needed.**

**CLEAR LIQUID DIET: NO RED COLOR drinks, ALL OTHER COLORS ARE OKAY.**

You may have water, flavored water, coffee (black only NO MILK OR CREAM), tea, lemonade, Crystal Light, Kool-Aid, clear sodas, Sprite, 7 up, ginger ale, apple juice, white cranberry juice, white grape juice, Jell-O gelatin, Popsicle, snow cones ( no fruit), broth (beef or chicken flavor), plain hard candy, honey,sugar, or artificial sweeteners.

