

NuLytely/GoLytely Split Dose Colonoscopy Prep



 **PRESBYTERIAN**

IMPORTANT!

Please read these instructions one week prior to your procedure

It will take you several days to prepare for this test. You may also need to stop taking certain medications up to a week in advance. We recommend that you post these instructions in a visible location at home to remind you of the various steps you will need to take.

- **You will need to take the rest of the day off from work after your procedure.**
- **You will need someone to drive you home after your procedure, you may NOT walk or leave by taxi, bus, ride share, or bicycle. Your driver will need to be with you when you check in and be available to sign you out after your procedure. You cannot drive yourself home because you will be receiving sedation medication that will cause you to be groggy and you will not be able to drive until the next morning.**

Patient responsibility

- If there are any changes with your insurance(s), please notify our office prior to your procedure date.
- After your procedure is scheduled, you may receive a call from the Presbyterian Registration department to verify your information and insurance coverage. You may call the department with registration questions at (505) 559-1009.
- If you need financial assistance with the cost of the procedure, or if you have financial or billing questions, please call (505) 923-6600.
- If your insurance requires a referral, it must be current at the time of your procedure, or you may be liable for payment.
- Remember to bring your insurance card(s) with you the day of your procedure.

Purchases

- Fill the prescription for NuLytely/GoLytely which was sent electronically to your pharmacy. You may purchase plain or a flavor option that your pharmacy carries.
- Simethicone anti-gas chewable or soft gel capsules (such as Gas-X, Mylanta Gas, Maalox Anti-Gas or similar products). These are over-the-counter medications.
- A supply of liquids (see the list of liquids safe to drink on page 4).
- You may also want body wipes and A&D ointment (in case you are sore).

**Presbyterian Medical Group
Gastroenterology
(505) 224-7000**

Do you take blood thinners?

If you are taking blood thinners

- **Five days** prior to your procedure, stop any Coumadin (warfarin), Plavix (clopidogrel), Persantine (dipyridamole), or Ticlid (ticlopidine).

- **Two days** prior to your procedure, stop Eliquis (apixaban) use, any Xarelto (rivaroxaban) or Pradaxa (dabigatran etexilate).

Do not discontinue these medications without instructions from your cardiologist, prescribing physician or Coumadin clinic. Contact the prescribing physician for instructions. If your physician does not want you to stop these medications, please notify our office at (505) 224-7000.

Five days prior to your colonoscopy

DATE: _____

DO NOT eat foods that contain seeds, corn or nuts

DO NOT take the following medications:

- **Alka Seltzer, Pepto Bismol, iron supplements, omega 3, fish oils, Vitamin E 5 days prior**

The day before your colonoscopy

DATE: _____

- **DO NOT EAT ANY SOLID FOODS!**
- **You can only drink clear liquids for breakfast, lunch and dinner.**
See the list of clear liquids on page 4. Avoid red, orange and purple colored Jell-O and Gatorade. This discolors your stool and interferes with the colonoscopy.
- We suggest that you mix the NuLytely/GoLytely in the morning and put it in the refrigerator. It tends to taste better when it is cold.

Do you have diabetes?

- If you are diabetic, please contact your prescribing provider for diabetic medication instructions.

The night before

DATE: _____

- Between 4-6 p.m. begin drinking the NuLytely/GoLytely at a rate of one 8 oz glass every 15 minutes until you have taken half (2 liters) of the solution. **If you become nauseated or begin vomiting while drinking the solution, stop drinking the bowel solution. When the nausea subsides, drink the solution more slowly at a more comfortable pace for you.**
- At 8 p.m., take 2 Simethicone anti-gas chewable or soft gel capsules (such as Gas-x, Mylanta Gas, Maalox Anti-Gas or similar products) with 8 ounces of clear liquid. The Simethicone medication reduces bubble formation in your colon and improves exam quality.
- At 10 p.m., take 2 additional Simethicone tablets with 8 ounces of clear liquid.

On the day of your colonoscopy

DATE: _____

- **Drink the remaining NuLytely/GoLytely solution (2 liters) 6 hours before your procedure time.**
- By 6 a.m. the day of your procedure, please take your blood pressure, cardiac and seizure medications, and any pain medicines.
- **DO NOT** take any other medications 6 hours prior to the test.
- You may have clear liquids up until 4 hours prior to your procedure time.

TIME: _____

- Bring inhalers, oxygen (if you use during the day), reading glasses and hearing aids if you use them.
- Remove all jewelry and leave valuables at home. Phone ok.
- **DO NOT** chew on gum.
- **DO NOT** eat hard candy.
- **NO cannabis use**

Normal symptoms you may experience from the preparation:

- You will have diarrhea from the bowel preparation medications. This will start between a few minutes to hours after you start the prep.
- Because of the diarrhea, you will need access to a toilet once you begin the bowel preparation. Plan your day with this need in mind.
- Most people have bloating and abdominal discomfort. This is normal. Do not be alarmed if you feel these symptoms.
- If you become nauseated or begin vomiting while drinking the solution, slow down. When the nausea subsides, begin drinking the solution again. If you do not like the taste or the smell of the medicine, try chilling the liquids. Please take the medicine as directed by the clinic.

Clear liquid diet

You may only drink or eat items on this list.

- Water
- Tea (no milk or cream; sugar is permitted)
- Carbonated beverages (soft drinks – regular or sugar free)
- Apple juice
- White grape juice
- Black coffee (no milk or non-dairy creamer)
- Gatorade*
- Lemonade (no pulp)
- Limeade (no pulp)
- Clear chicken or beef broth (no meat, vegetables, noodles, rice.) Please discontinue any broth after midnight.
- Snowcones or popsicles*
- Hard candy
- Jell-O (We prefer that you have only light colors such as yellow or pink.)*
- **ALCOHOL IS NOT PERMITTED!**

* Avoid red, purple and orange colors of these items.

Call our office at
(505) 224-7000 if:

- **You cannot complete the bowel preparation as ordered**
- **You have the following symptoms after your procedure:**
 - Nausea
 - Vomiting
 - Fever
 - Chills
 - Bleeding
 - Abdominal pain

If you wish to cancel your procedure, we require a 72-hour notice. This will allow our office to schedule other procedures.

There is a risk of bleeding from the polyp removal site(s) up to 14 days after your procedure.

We recommend not traveling anywhere emergency services may not be available during that time period.

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