

Colonoscopy Preparation Instructions

2 Days Prep- NuLyte/Trilyte/GoLyte

(AM PROCEDURE)

****Please pick up prep at your pharmacy within a week from being seen in the office****

-What you need:

- Dulcolax 5mg tablets (*four tablets*)
- Nulyte Prescription

1. 5 DAYS PRIOR TO YOUR PROCEDURE

- Please start a low residue/low fiber diet.
 - Acceptable low residue/low fiber diet include:

▪ Meat ▪ Bacon ▪ Fish ▪ Chicken ▪ Cheese ▪ Eggs ▪ Milk ▪ Yogurt ▪ Oatmeal	▪ Cream of wheat ▪ Pancakes ▪ Waffles ▪ Cake ▪ Saltine Crackers ▪ White bread ▪ Pasta	▪ Rice ▪ Potato ▪ Squash ▪ Avocado ▪ Canned fruit ▪ Olive oil ▪ Butter ▪ Chocolate
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2. 2 DAYS BEFORE YOUR PROCEDURE

- **You may only have clear liquids (*this includes the bowel prep*)!**
 - Acceptable clear liquids include:

▪ Beef or chicken broth ▪ Jell-O or popsicles (<i>NO RED, PURPLE OR ORANGE</i>) ▪ Sprite ▪ 7-UP	▪ Ginger Ale ▪ Apple juice ▪ Water ▪ Tea or coffee (<i>PLAIN, NO CREAM OR SUGAR</i>)
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 - Beginning at **5PM**
 - Take all four Dulcolax tablets.
- **THE DAY BEFORE YOUR PROCEDURE**
- **Continue the clear liquid diet.**
 - Beginning at **4 PM**
 - Begin drinking the first 2 liters of your prep, **8oz every 15minutes** until you reach half of the gallon.
- **THE DAY (MORNING) OF YOUR PROCEDURE**
- Take the last 2 liters, 8oz every 15minutes, **5 hours prior** to your arrival time (*this may mean waking up as early as 2am*)

****Also, you may not have ANYTHING within 3 hours of your arrival time. ****

Your procedure may be cancelled if you do so.

5. Arrange to take the day off of work since anesthesia will be administered. **You MUST have a responsible adult driver present at the time of arrival and during your recovery.** We cannot start the procedure without your driver present in the building. You will NOT be able to drive yourself home after the procedure. **Uber, Lyft, Taxi, bus or other forms of “public transportation” are NOT acceptable means of returning home after the procedure.** If you do not have an acceptable mode of transportation home after the procedure, your appointment will be cancelled and rescheduled to a different date.

6. All body piercings **MUST BE REMOVED** prior to arrival.

7. MEDICATION MODIFICATIONS

*****PLEASE DO NOT STOP TAKING YOUR ASPIRIN*****

- **Stop** Coumadin 5 days prior to the procedure
- **Stop** Pradaxa, Xarelto and Eliquis 2 days prior to the procedure
- **Stop** Plavix 7 days prior to the procedure
- **Stop** any anti-inflammatory medication 1 day prior to the procedure (including ibuprofen)
- **Stop** any arthritis medication 1 day prior to the procedure
- **DO NOT TAKE** insulin or any other oral diabetic medications the morning of the procedure. Be sure to check your blood sugar 4 hours prior to your appointment time. If your blood sugar is low, drink a glass of apple juice
- **Stop** Trulicity, Byetta, Saxenda, Victoza, Ozempic, Wegovy, Rybelsus, and Mounjaro **ONE WEEK PRIOR** to your procedure.
- **Stop** Canagliflozin, Dapagliflozin, and Empagliflozin, **THREE DAYS PRIOR** to your procedure.
- Please take ½ dose Lantus the night before the procedure (*if you are prescribed this*)
- **Continue to take any other prescription medications that are not listed above. They must be taken no later than 3 hours prior to your arrival time.**

****IF YOU ARE NOT SURE IF YOUR MEDICATIONS FALLS UNDER ANY OF THESE CATEGORIES, PLEASE CONTACT YOUR PHARMACY FOR FURTHER ASSISTANCE. ****

Your exam is scheduled on _____ at _____ am / pm

At _____. Please arrive no later than _____ am / pm

**** DO NOT ARRIVE ANY EARLIER THAN YOUR ARRIVAL TIME ****

YOUR PROCEDURE MAY BE CANCELLED AND RESCHEDULED IF YOU ARE LATE!

*******PLEASE BE FLEXIBLE. YOUR PROCEDURE TIME MAY VARY DEPENDING ON NUMEROUS FACTORS (cancellations, procedural delays, etc.) *******

Important: It is important that you contact your insurance company **5 DAYS PRIOR** to your procedure date. You may have a co-payment the day of your procedure and are responsible to verify with your insurance in advance.

Patients calling to cancel less than 2 business days due to a high co-payment may be subject to a \$150.00 cancellation fee.