# Colonoscopy Preparation Instructions

**NuLytely/TriLyte/GoLytely (*PM PROCEDURE*)**

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

## 1. THREE 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

## 2. THE DAY BEFORE YOUR PROCEDURE

- Start a clear liquid diet, **(*this includes the bowel prep*)!**
  - Acceptable clear liquids include:
    - Beef or chicken broth
    - Jell-O or popsicles ***(NO RED, PURPLE OR ORANGE)***
    - Sprite
    - 7-UP
    - Ginger Ale
    - Apple juice
    - Water
    - Tea or coffee ***(PLAIN, NO CREAM OR SUGAR)***

## 3. THE DAY (MORNING) OF YOUR PROCEDURE

- Beginning at **4 AM**
  - Begin drinking the first 2 liters of your prep, **8oz every 15minutes** until you reach half of the gallon.

  - Take the last 2 liters, 8oz every 15minutes, **5 hours prior to your arrival time**

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

Your procedure may be cancelled if you do so.

4. 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.

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5. All body piercings MUST BE REMOVED prior to arrival.

6. **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** Canagliflorzin, 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 EARILER 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.***