

NuLytely BOWEL PREPARATION INSTRUCTIONS

Facility: _____

Procedure Date:/Time: _____

Report to:/Report Time: _____

DAY BEFORE PROCEDURE:

PREPARATION DIET

DO NOT FOLLOW THE PREP DIRECTIONS ON THE CONTAINER/ BOX . FOLLOW THESE ONLY:

The day before your colonoscopy/surgery, you may have breakfast until **11:00am**.

After **11:00 am** you will be on a clear liquid diet such as: **water, clear fruit juices** (ex: apple juice, white grape juice, white cranberry juice, **Gatorade®** (except orange and red flavors/tints), **low sodium clear broth** (chicken or beef), **low sodium clear bouillon** (chicken or beef), **Jell-o®** (except orange and red flavors/tints), **weak tea** (without cream), **coffee** (without cream), **icy Popsicles** (except orange and red flavors/tints), and **regular or diet soft drinks** (except orange and red flavors/tints).

PREPARATION

Prescriptions will be sent electronically to your pharmacy _____.

1. **2:00pm-** will need to take 2 bisacodyl tablets (5mg each).
2. **5:00 p.m.** - start NuLytely solution (**PEG 3350**).

Directions: Drink (1) 8-oz glass every 10-15 minutes (until stools become clear and watery.) PLEASE NOTE THAT MOST PATIENTS DO NOT NEED TO DRINK THE WHOLE JUG OF FLUID. Also, you may continue with clear liquids in between your 8-oz. glasses.

Once you begin this preparation, **YOU SHOULD STAY HOME.** This laxative is fast acting and results occur soon after it's taken, and may continue for a period of time.

NOTHING TO EAT OR DRINK or MEDICATIONS AFTER MIDNIGHT!

MORNING of PROCEDURE:

- Nothing to eat or drink until after the procedure. This includes no chewing gum, tobacco or candy.
- **Read attached pages as to what medications to take prior to procedure. Please call with any questions.**
- Bring insurance card(s). Leave valuables at home.
- You will need a driver for your appointment, please have them with you at all times. A taxi is not permitted.

PLEASE NOTE THAT YOU WILL BE CHARGED A CANCELLATION FEE IF YOU DO NOT CANCEL YOUR PROCEDURE AS POLICY STATES. (Practice policy for administrative services)

1. If you think that your bowel prep did not completely clear the intestines for any reason, please call your doctor or the doctor on call for an alternative prep.
2. If you have a history of artificial heart valve, recent joint replacements or have been hospitalized for bacterial endocarditis, **please call your physician's nurse** so that antibiotic coverage can be arranged prior to your procedure.
3. If you are on any type of prescribed medications, **please notify the prescribing doctor** of your upcoming colonoscopy/surgery. Please make sure that doctor agrees that it is okay to stop the medication.
4. Do not take diuretics on the day of your procedure. These include clorothiazide, hydrochlorothiazide, furosemide, bumetanide, toresmide, amiloride, spironoactone, triameterene, mannitol, dyazide, maxzide and moduretic.
5. **Please make sure that you take all medications for acid reflux, asthma, bronchitis or emphysema in the morning with a sip of water on the day of your procedure.**
6. **If you take blood pressure medications in the morning, please make sure you take all blood pressure medications the day of your procedure with a sip of water. This includes combination medications for blood pressure which contain diuretics.**

These are some examples of medications that should be stopped 3-7 days prior to your procedure. These medications thin the blood. If you are on a medication that was prescribed to you (or is over the counter) to help thin your blood and it is not on the list, please stop it prior to your procedure. (if recommended by your prescribing physician).

Blood thinners	NSAIDS	OTC Supplements
Aggrenox (dipyridamole+ aspirin)	Aspirin (Excedrin, bayer)	Fish oil
Aggrastat (tirofiban)	Celecoxib (celebrex)	Garlic in large amounts
Arixtra (fondaparinux sodium)	Ibuprofen (advil, motrin)	Ginko biloba
Coumadin (warfarin)	Indomethacin (indocin)	Ginger
Dicumarol (dicumarol)	Mag salicylate (bayer select)	Ginseng
Effient (prasugrel)	Meloxicam (mobic)	St John's Wart
Integrilin (eptifibatide)	Nabumetone (Relafen)	Saw Palmento
Miradon (anisinidine)	Naproxen (naprosyn)	Vitamin E
Plavix (clopidogrel bisulfate)	Naproxen sodium (aleve)	

Persantine (dipyridamole)	Oxaprozin (daypro)	
Pletal (cilostazol)	Piroxicam (feldene)	
Pradaxa (dabigatran)	Tolmetin sodium (tolectin)	
Reopro (abciximab)	Valdecoxib (bextra)	
Xeralto (rivaroxaban)		

ACE INHIBITORS	BETA BLOCKERS	ANGIOTENSION II	COMBINATION
Accupril (quinapril)	Betapace (sotalol)	Atacand (candesartan cilexetil)	Aldoril (methyldopa + hctz)
Aceon (perindopril)	Bisoprolol (zebeta)	Avapro (irbesartan)	Capozide (captopril + hctz)
Altace (Ramipril)	Blocadren (timolol)	Benicar (olmesartan)	Corzide (nadolol + bendroflumethiazide)
Capoten (captopril)	Bystolic (nebivolol)	Cozaar (losartan)	Dyazide (triameterene + hctz)
Lotension (benazepril)	Cartrol (carteolol)	Diovan (Valsartan)	Hyzaar (losartan + hctz)
Mavik (trandolapril)	Coreg (carvedilol)	Hyzaar (losartan)	Inderide (propranolol + hctz)
Monopril (fosinopril)	Corgard (nadolol)	Micardis (telmisartan)	Lexxel(feldopine + enalapril)
Prinivil (lisinopril)	Inderal& inderal-la (propranolol)	Teveten (eprosartan mesylate)	Lotrel (amlodipine + benazepril)
Prinizide (lisinopril + diuretic)	Kerlone(betaxolol)	Valsartan (diovan)	Lotension hct (benazepril + hctz)
Univasc (moexipril)	Levatol (penbutolol)	OTHER BP MEDS	Moduretic (amiloride + hctz)
Vasotec (enalapril, analaprilat)	Lopressor (metoprolol)	Catapres (clonidine)	Prinizide (lisinopril + hctz)
Zesteril (lisinopril)	Normodyne(labetalol)	Cardura (doxazosin)	Tentoretic (atenolol + chlorthialidone)
	Tenormin (atenolol)	Cardene (nicardipine)	Vaseretic(enalapril + diuretic)
	Toprol xl(metoprolol)	Cardizem (diltiazem)	Zestoretic (lisinopril + diurectic)
	Trandate (labetalol)	Norvasc (amlodipine)	Ziac (bisoprolol + hctz)
	Zebeta(bisoprolol)	Plendil (felodipine)	
		Procardia xl (nifedipine)	



Colon & Rectal
Specialists

Dr. Smith