



NuLytely Bowel Prep

NuLytely BOWEL PREPARATION INSTRUCTIONS

Facility: _____
Procedure Date:/Time: _____
Report to:/Report Time: _____

DAY BEFORE PROCEDURE: _____

PREPARATION DIET

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, purple and red flavors/tints), **weak tea** (without cream), **coffee** (without cream), **icy Popsicles** (except orange, purple and red flavors/tints), and **regular or diet soft drinks** (except orange, purple and red flavors/tints) (**THIS DOES NOT INCLUDE ALCOHOL**).

PLEASE FOLLOW THE PREPARATION INSTRUCTIONS GIVEN TO YOU BY OUR OFFICE, NOT THE ONES ON THE CONTAINER/BOX

1. At **1:00pm**- you will need to take 1 dulcolax tablet or other stool softener. Purchase these over the counter at your pharmacy. If you have some at home please feel free to use what you have.

2. At **5:00 p.m.** - start NuLytely solution (PEG 3350). (add water to the fill line in the container and mix)

Directions: Drink (1) 8-oz glass every 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. This laxative may be fast acting and results may occur soon after it's taken, and may continue for a period of time.

NOTHING TO EAT OR DRINK AFTER MIDNIGHT THE NIGHT BEFORE YOUR PROCEDURE. THIS INCLUDES CHEWING GUM, WATER HARD OR SOFT CANDY ETC!

MORNING of PROCEDURE: _____

- Bring insurance card(s). Leave valuables at home.
- Please note that all blood pressure medications should be taken the morning/evening prior to your surgery with a sip of water. Do not take any diuretics prior to surgery.**

SURGICAL OR ENDOSCOPY PROCEDURES CANCELLED AND RESCHEDULED WITH LESS THAN 3 BUSINESS DAYS NOTICE WILL INCUR A \$100 FEE.

YOU ARE NOT ALLOWED TO DRIVE UP TO 12HRS AFTER YOUR PROCEDURE.

Due to the sedation given for this procedure, you will need a designated driver.

It is imperative that your driver remains in the waiting area at all times.

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 (anisnidine)	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 (olmesarten)	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& nderal-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)	
		Procadia xl (nifedipine)	