

## NULYTELY BOWEL SPLIT DOSING INSTRUCTIONS

Facility: \_\_\_\_\_

Procedure Date:/Time: \_\_\_\_\_

Report to:/Report Time: \_\_\_\_\_

**DAY BEFORE PROCEDURE:** \_\_\_\_\_

### PREPARATION DIET

The day before your colonoscopy you may have breakfast up until 11:00am and lunch until 1:00pm.

After 1:00 pm 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), **clear broth** (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). *(A clear liquid is anything that you can read the newspaper through.)*

### PREPARATION

1. At **2:00pm**- will need to take 2 bisacodyl tablets (5mg each). Purchase these over the counter at your pharmacy.
2. At **6:00 p.m.** - start Nulytely solution (**PEG 3350**). You will mix the solution and drink only (4 ½) 8- oz glasses of Nulytely solution. You will drink (1) 8 oz glass every 15 minutes until completed. You need to save the rest of the solution and drink the rest tomorrow morning. You may refrigerate the solution overnight if you wish.

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.

**MORNING of PROCEDURE:** \_\_\_\_\_

1. You will need to start drinking another 4 8 oz glasses of the Nulytely solution. **PLEASE NOTE THAT YOU WILL HAVE SOME REMAINING--- PLEASE THROW IT AWAY- YOU DO NOT NEED TO TAKE THE WHOLE BOTTLE OF NULYTLEY.**
2. **You will start at 7:30 AM.** It will total (4) 8 oz glasses.
3. **After finishing the prep, you must also drink 16oz of a clear liquid of choice and finish by 9:00 AM** (Please note that you may not have anything to drink **4 hours** prior to procedure- if you do your procedure will be cancelled.)
4. **Read the attached pages as to what medications to take prior to procedure. Please call with any questions.**
5. Bring insurance cards- leave valuables at home.
6. You will need a driver with you at all times for your appointment. 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& nderal-la (propranolol)	Teveten (eprosartan mesylate)	Lotrel (amlodipine + benazepril)
Prinizide (lisinopril + diuretic)	Kerlone(betaxolol)	Valsartan (diovan)	Lotension hct (benazepril + hctz)
Univasc (moexipril)	Levatol (penbutolol)	<b>OTHER BP MEDS</b>	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)	