

NULYTELY / COLYTE 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 and lunch until **1:00pm**.

After **1:00pm** 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, purple and red flavors/tints), **clear broth** (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). (**A clear liquid is anything that you can read the newspaper through.** THIS DOES NOT INCLUDE ALCOHOL)

PLEASE FOLLOW THE PREPARATION INSTRUCTIONS GIVEN TO YOU BY OUR OFFICE, NOT THE ONE 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 Colyte/Nulytely solution (**PEG 3350**). You will mix the solution and drink (1) 8 oz glass every 15 minutes until you have completed (6) 8- oz glasses. You will need to save the rest of the solution and drink another (4) 8oz glasses the morning of your procedure. You may refrigerate the solution overnight if you wish.

Once you begin this preparation, **YOU SHOULD STAY HOME**. This laxative may be fast acting and results may 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 glass of the Colyte/Nulytely solution in the same manner as you did the night before, (1) 8oz glass every 15minutes. **You will start at _____ and finish by _____.** PLEASE NOTE THAT YOU WILL HAVE SOME REMAINING. PLEASE THROW IT AWAY. **After finishing the morning prep, you must drink 16oz of a clear liquid and finish by _____.** (You may not have anything by mouth 4 hours prior to your procedure this includes chewing gum, water, chewing tobacco,etc.- if you do your procedure will be cancelled.)
2. Read the attached pages as to what medications you may/may not take prior to your procedure. Please call with any questions.
3. Bring insurance cards- leave valuables at home.

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

NO DRIVING UP TO 12 HOURS 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.

(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)	OTHER BP MEDS	Moduretic (amiloride + hctz)
Vasotec (enalapril, analaprilat)	Lopressor (metoprolol)	Catapres (clonidine)	Prinizide (lisinopril + hctz)
Zesteril (lisinopril)	Normodyne(labetalol)	Cardura (doxazosin)	Tentoretic (atenolol + chlorthalidone)
	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

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