

Gastrointestinal Associates of Rockland

500 New Hempstead Rd New City NY 10956

845-362-3200

Fax: 845-290-8180

NULYTELY PREPARATION FOR COLONOSCOPY Standard Preparation (1-04)

*Unless directed by the physician, if you take heart or blood pressure medication, please take with only a sip of water at your normally scheduled time as well as taking your inhaler at your normally scheduled time. *If you are taking aspirin, Warfarin, Coumadin, Plavix, Pradaxa, Effient, clopidogrel bisulfate, or any diabetic medication, discuss this with your gastroenterologist prior to your scheduled procedure date.

If you have a cardiac history, please have your cardiologist fax over your most recent evaluation, prior to your procedure, attention Ramapo Anesthesia. 845-290-8180

-No Alka-seltzer, anti-arthritis or anti-inflammatory medications for 72 hours prior to the scheduled procedure date. Tylenol is permitted.

-No Metamucil, Fibercon, Citrucel or iron supplements five (5) days before your procedure.

-No vegetables, seeds or nuts for two (2) days before the procedure.

Please do not chew gum.

Fill your prescription for Nulytely

Please follow the preparation carefully and call the office if you have any questions:

24 HOURS BEFORE YOUR PROCEDURE:

Start a clear liquid diet – water, apple juice, tea (without milk or nondairy creamer), broth, Jello, ices, (nothing red or purple).

Following the instructions for mixture of the Nulytely, you will **prepare 4 liters** of the liquid. (Refrigerate for better taste). Drink as instructed below:

For a morning procedure, drink between 5 and 9 PM the night before. Continue clear liquids until midnight. **Nothing else by mouth (not even water) until procedure time.**

For a procedure scheduled after 2 PM, drink between 6 and 10 AM the morning of the examination.

Nothing else by mouth (not even water) after midnight the day before your procedure!

***FAILURE TO COMPLY WITH THESE INSTRUCTIONS WILL RESULT IN YOUR PROCEDURE BEING DELAYED OR CANCELLED.**

*You must have someone to drive you home following the procedure due to the medication given at the time of the procedure. *If you use a taxi or car service, you must have someone else accompany you. *You are not to travel alone. *Please check with your insurance regarding authorization.

***PLEASE BRING YOUR MEDICATION LIST WITH YOU!**