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Diagnostic, Therapeutic, and Bariatric Endoscopy*

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## **COLONOSCOPY INSTRUCTIONS USING NULYTELY/GOLYTELY BOWEL PREP**

**Procedure Date:** \_\_\_\_\_

**Arrival Time:** \_\_\_\_\_

\*Please note that your time may be changed due to unforeseen cancellations, you will be notified the day prior to your procedure\* (Ready for pick up about 2 hrs after your arrival time)

**Location:**

**Mission Endoscopy Center** (Across the hallway from our office)  
26921 Crown Valley Pkwy #200, Mission Viejo (949) 334-8160

**Medications:**

- Contact your primary physician if you are taking **Coumadin, Warfarin, Ticlid, or Agrylin**. These medications will need to be discontinued for your safety 5 days prior to your procedure, but only under your primary physician's guidance.
- Plavix** will need to be stopped 7 days prior to your procedure.
- Xarelto/Eliquis** will need to be stopped 24 hours prior to your procedure
- Stop taking **Aspirin** 5 days prior.
- Anti-inflammatory medications need to be stopped 3 days prior (ex: **Motrin, Advil, Naprosyn, Ibuprofen, Anaprox, Indocin**, etc.) You may take Tylenol or Acetaminophen instead.
- The following need to be stopped 5 days before: Alka Seltzer (contains aspirin), iron supplements, vitamin supplements containing Vitamin E & C, Ginseng, Ginkgo Bilbao, Ginger, Saw Palmetto, Pepto-Bismol, Fish Oils, or any other herbal supplements.
- Diabetics: Contact your primary physician if you are taking **Insulin**. You may need to have your insulin adjusted the day before and the day of the procedure. You may skip your Metformin or oral diabetic meds the morning of your procedure.
- 5 days before your procedure stop taking bulk-forming agents (such as Metamucil or Citrucel)
- If you take medication for blood pressure or your heart, please continue to take it even the morning of your procedure.

### **1-2 Weeks Prior to Your Colonoscopy:**

- Arrange transportation. You will be given sedation and therefore will be unable to drive yourself home. You must have an adult take you home. For liability reasons, ***Mission Endoscopy Center*** will be unable to allow any public transportation; i.e., taxi, bus, etc.
- Bring your prescription for SUPREP to your pharmacy as early as possible to insure they will have it in their inventory and be able to fill it on time.
- Buy clear liquids (see examples on the next page)

### **3 Days Prior to Your Colonoscopy:**

- Do not eat popcorn, seeds, nuts, multigrain bread, or high fiber foods

### **The Day Before the Procedure:**

- **Do not eat solid foods**
- Drink clear liquids all day; **avoid red-colored drinks and red Jell-O.**

#### **Clear liquids include:**

1. Water
2. Fruit juices, such as apple or white grape juice
3. Broth (ex: Chicken, vegetable, or beef flavoring)
4. Coffee or tea (without milk or creamer)
5. Gatorade or other sports drinks
6. Carbonated beverages such as ginger ale, Mountain Dew, or lemon-lime soda
7. Lemon, or lime Jell-O
8. Popsicles

### **Morning: Preparing Golytely/Nulytely/Colyte**

Mix Golytely/Nulytely/Colyte by adding drinking water to indicated line near the top of the gallon jug. Shake jug until powder is mixed with liquid. You may drink the solution at room temperature or refrigerated. If you receive flavor packets with your prescription, sprinkle small amounts of powder into glass of fluid to test the flavor. Start drinking clear liquids in the morning and continue throughout the day. Do not eat any solid food, drink alcohol, or eat dairy products while on this diet. Deviating from this diet may prevent adequate preparation for the colon exam.

**At noon**, take Two (2) Dulcolax (bisacodyl) (over the counter medication) laxative 5mg tablets by mouth.

Begin drinking the solution at **5 or 6 p.m.** on the day prior to colonoscopy. Drink a large glass (about 8 ounces) every 10 to 15 minutes until at least half of the gallon bottle is empty. Bowel movements may begin to occur about one hour after the first glass of the solution and may continue two to four hours after you finish the last glass. Feelings of bloating, nausea or chilling are common after the first few glasses. This is temporary and will soon disappear once bowel movements begin. If the nausea becomes acute, stop drinking the solution for 30 minutes, then resume drinking every 15 minutes as before.

Adequate bowel cleansing will take approximately six to eight hours.

**Day of procedure (4-5 hours before procedure time)**

Resume drinking the remainder of the solution (the 2<sup>nd</sup> half of the gallon solution.) You may have a glass of clear liquid after the prep is finished. Due to risk of aspiration, **DO NOT DRINK FLUIDS FOR 3 HOURS PRIOR TO YOUR PROCEDURE**

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Take your heart medicines including blood pressure medications two to three hours before your appointment with sips of water, do not take your insulin or blood thinners such as Coumadin or aspirin unless otherwise instructed by your physician. Consider using petroleum jelly around the anal opening before starting the prep and after each bowel movement to minimize irritation from passing many bowel movements.

- After the prep is finished, do not eat or drink until after your procedure. Due to risk of aspiration, **DO NOT DRINK ANY FLUIDS OR ANY FOOD FOR 3 HOURS PRIOR TO YOUR PROCEDURE.**

**After Your Procedure:**

You will stay in the recovery room for observation until ready for discharge. You may feel some cramping or a sensation of having gas, but this usually passes quickly. An adult (18 years or older) will need to drive and accompany you home. The driver must be flexible as the procedure may run longer than expected. Alcohol consumption should be avoided for 24 hours following the procedure. You should not drive the remainder of the day.

***If a biopsy was taken or polyps(s) removed:***

Avoid taking aspirin, products containing aspirin, blood thinners or anti-inflammatory drugs for two weeks after the procedure to reduce the risk of bleeding (take Tylenol or acetaminophen if needed). You may notice light rectal bleeding for one to two days after the procedure. Large amounts of bleeding or the passing of clots should be reported to us immediately. You will be given a copy of your procedure report before you leave. We will send you the results in 1-2 weeks after the procedure. We will call you immediately if there are any urgent results.

**HELPFUL HINTS**

1. You should be prepared to be near a bathroom during the preparation. The laxative can take effect within 1-4 hours.
2. The laxative will cause you to have very loose, watery stools. That is the goal. Take the entire laxative to be sure your colon will be well prepped for viewing. Your stool should be clear or yellow (like urine). If still brown or if stool is still seen after the second dose is taken, you may need to drink 1-2 bottles of Magnesium Citrate (bought over-the-counter at any pharmacy) afterwards. Contact our office for instructions if your stools are still brown with residue or solid stool.

3. Consider having a soothing cream such as Vaseline, A&D ointment, or Desitin available to reduce irritation from frequent bowel movements.
4. Please pay close attention to the directions concerning what you should and should not eat and drink to avoid having to reschedule your procedure.
5. You should allow enough time for the laxative to finish working before travelling.
6. If you have chronic constipation, you may need to take a laxative such as Miralax, Linzess, or Amitiza daily for 1-2 weeks before your colonoscopy to ease the bowel preparation process.