

Arlington Gastroenterology Services
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Diplomat American Board of Gastroenterology

NuLYTELY COLONOSCOPY PREP INSTRUCTIONS

7 days prior to procedure

Discontinue all aspirin products at 7 (seven) days prior to procedure

5 days prior to procedure

Discontinue all blood thinners (such as Plavix, Aggrenox, Coumadin, Pletal, Etc. at least five days prior to procedure. Prior to stopping any medication, please contact your PCP or cardiologist for approval. If not approved, please contact our office for instructions.

Day before procedure

NO SOLID FOOD ALL DAY THE DAY BEFORE PROCEDURE

Clear soft drinks, water, Gatorade (lemon-lime only)

Vegetable, beef, or chicken broth

Jell-o and popsicles (green or yellow only)

No red, orange, purple, or blue colors

No coffee, milk, or dairy products

No alcohol of any kind

It is very important to drink plenty of fluids throughout the day to stay hydrated

- In the morning, fill the bottle up to the fill line with water and shake well until all the product is dissolved and refrigerate.
- At 3:00 PM, begin drinking your prep. Drink 8 ounces of the chilled prep every 30 minutes until all of the prep is completely finished.

**** NOTHING TO EAT OR DRINK AFTER MIDNIGHT****

Day of the procedure

Any medication that you regularly take will be gone over with you by the facility's pre-op department prior to your procedure. Any medication that you have been instructed to take the morning of the procedure can be taken with a small sip of water.

Take insurance cards and driver's license with you to the surgery center.

Make sure you have someone to drive you home.

Arrive at the surgery center at least 1 (one) hour prior to your appointment time