

MAIN GASTROENTEROLOGY, P.C,
Gastroenterology - Endoscopy

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COLONOSCOPY

ATTENTION!!! PLEASE READ IMMEDIATELY!!!

- ** If you take Blood Thinners or Anticoagulants (Heparin, Coumadin, Plavix) it is important that you notify your doctor who prescribed these medications to discuss stopping those drugs ONE WEEK prior to your procedure.
- ** If you take any ASPIRIN product, such as Aspirin, Ecotrin, Motrin, Advil, Aleve, etc, you must discontinue their use one week prior to the procedure as well.
- ** If on any of those medications, please contact the prescribing doctor to discuss stopping those medications for one week. If you have contacted your doctor and he/she advised you NOT to withhold the medications, please contact our office IMMEDIATELY.
- ** If you need medication for pain relief, you may take acetaminophen, (Tylenol- regular or extra-strength only!) ** FIVE days before the procedure avoid ANY FOOD CONTAINING SEEDS. Examples are corn, grapes- tomatoes, watermelon, rye bread, poppy or sesame seeds.
- ** If you are a diabetic see attached sheet.
- ** Please continue to take ALL OTHER medications as prescribed to you as you normally would EVEN THE MORNING OF THE PROCEDURE. You may need to reschedule your pills the night before the procedure to AVOID TAKING MEDICATION WHILE DRINKING THE PREP.
- ** Please notify our office immediately if you require ANTIBIOTICS before this procedure is performed.
- ** It is important to fill out the medication sheet in this packet, and list ALL medications on the sheet. The list should include name of drug, dose and how many times a day you take it. Bring this sheet to the hospital.
- ** You MUST have a driver with you to bring you home after the procedure. A taxi is only acceptable if you have another adult, besides the taxi driver, with you.

YOUR PROCEDURE IS SCHEDULE FOR:

DATE:

PLACE:

TIME:

REPORT TO ADMISSION:

Instructions

***If any questions, please call*

For both:

SEVEN days before the procedure

Avoid Aspirin, Coumadin, Ibuprofen if possible from now until the procedure FIVE days before the procedure

Avoid any food with seeds-this includes corn, grapes, strawberries, watermelon, rye bread, poppy seeds, etc. until after the procedure

THE DAY BEFORE YOUR PROCEDURE

HALF LYTELY	NULYTELY
<p>No solid food or milk (clear liquids only, please see list) should be taken the day before the procedure.</p> <p>Step One: 2:00pm Mix the Solution Add drinking water up to the top line on the bottle. Cap the bottle, and shake to dissolve</p> <p>Step Two: Drink ALL the solution Drink 1 (8oz) glass every twenty minutes, a watery bowel movement should begin in approx 2 hours. Be sure to drink ALL the solution. You will continue to have loose bowel movements for about 1-2 hours after finishing</p> <p>MIDNIGHT- DO NOT EAT OR DRINK ANYTHING UNTIL AFTER THE PROCEDURE</p>	<p>In the morning, you may have a LITE breakfast. Please reschedule your medications to avoid taking them while drinking the Nulytely (see first page)</p> <p>12:00pm-Clear liquid lunch (see list)</p> <p>1:30pm-Fill the Nulytely container with one gallon room temperature water and shake briskly</p> <p>2:00pm-Start drinking the Nulytely solution. We recommend drinking 1 (8oz) glass every 30 minutes, slowly, until the solution is gone. If your stomach feels upset, stop drinking for about 30-60 minutes. DO NOT eat or drink anything else. Let your stomach calm down, then start again.</p> <p>REMEMBER-DO NOT eat or drink anything (even water or medication) while drinking the solution</p> <p>Please finish all the solution before midnight</p> <p>If you finish before midnight, you may have clear liquids until that time</p> <p>MIDNIGHT- DO NOT EAT OR DRINK ANYTHING UNTIL AFTER THE PROCEDURE.</p>

CLEAR LIQUID DIET LIST

DO NOT EAT OR DRINK ANYTHING RED OR PURPLE

Do NOT drink any alcoholic beverages

ALLOWED LIQUIDS:

BEVERAGES:

- Water, tea or coffee (NO milk or nondairy creamer)
- Sweeteners are ok in the coffee
- Soft drinks (7-UP, cola, ginger ale, orange, Sprite, etc.); Gatorade, Kool-aide, Lemonade
- Strained fruit juices without pulp (apple, white grape, orange, white cranberry, etc.)

SOUPS:

- Low sodium chicken or beef bullion/broth

MISCELLANEOUS:

- Hard candies
- Jell-O (lemon, lime or orange); no fruit or toppings
- Popsicles or Italian ice

INSTRUCTIONS FOR DIABETIC PATIENTS PRIOR TO COLONOSCOPY

CLEAR LIQUID DIET MAY INCLUDE BEVERAGES WITH SUGAR

YOU WILL NOT BE TAKING YOUR DIABETIC MEDICATION (NO INSULIN, METFORMEN AND/OR ANY OTHER DIABETIC MEDS. YOU WILL NOT BE EATING SO YOU DON'T WANT TO LOWER YOUR SUGAR LEVEL.

THE DAY OF YOUR PROCEDURE TAKE DIABETIC MEDICATIONS WITH YOU TO THE HOSPITAL SO YOU CAN TAKE THEM AFTER THE PROCEDURE.

ADVISE THE NURSES AT THE HOSPITAL SO THEY CAN ORDER A TRAY FOR YOU OR, IF YOU ARE GOING TO EAT WHEN YOU GET HOME, TAKE YOUR DIABETIC MEDS AT THAT TIME. CONSULT WITH YOUR ENDOCRINOLOGIST TO MAKE SURE THERE IS NOTHING THEY WOULD WANT TO DO DIFFERENTLY.