WESTOVER HILLS GASTROENTEROLOGY

Westover Hills Gastroenterology, P.A.
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Colonoscopy Prep Instructions –Nulytely

7 DAYS PRIOR TO YOUR EXAM:
Stop taking **Aspirin, Pletal** or **Plavix**. Tylenol is okay to take. If you have a heart condition, had a recent heart attack or cardiac stent placement, then you should discuss this with your Cardiologist or Primary Care Physician prior to stopping any anti-clotting agents. If you are taking blood thinners such as **Coumadin**, then you should discuss with your Cardiologist or Primary Care Physician how to manage your blood thinners before the procedure. However, if you have had a mechanical heart valve, history of a deep clot in your leg, or a pulmonary embolism, then you may need Lovenox or Heparin up to the day of your procedure. If you have diabetes, please follow our attached guidelines. **STOP** eating high fiber foods, fiber supplements and discontinue any **iron** supplements 5 days prior to your examination.

3 DAYS PRIOR TO YOUR EXAM:
Stop taking all anti-inflammatory medicines such as Ibuprofen, Advil, Naproxen, or Aleve. A detailed list is also provided. You can take Tylenol for pain.
You will be given a prescription for one gallon of Nulytely Oral Solution.

FOOD THE DAY BEFORE YOUR PROCEDURE:
Eat a normal breakfast, and drink clear liquids for lunch and dinner. This means liquids that you can see through such as Apple juice, water, Sprite, Jell-O, black coffee (no creamer), tea, broth, clear chicken soup, no noodles. **NO more solid foods after breakfast until after your procedure. *NO milk or pulp products; do not drink anything with red, purple or orange dyes. Drink as many liquids as you would like – keep yourself hydrated.**

TAKING THE PREP THE DAY BEFORE THE PROCEDURE:
At 6:00 PM, begin drinking Nulytely solution. Drink 8 oz of the solution every 10-15 minutes.You will need to drink the entire gallon (4 liters) in about 4 hours. You can take sips of water or clear liquids between glasses of Nulytely. (The instructions for preparing the solution are on the bottle.) Drink at least 24 ounces of liquids before going to bed. You may drink liquids throughout the night and up to 3 hours prior to your procedure. Your stool should be clear, yellow or green before your procedure. You may have your **regularly prescribed medications** with a small sip of water the morning of your exam with the exception of the medications noted above.

Please arrive 90 minutes before your appointment, so nurses can have enough time to get you ready for the procedure. Plan to be at the endoscopy lab for approximately two hours. You will need someone to drive you home after the procedure.

Your procedure is scheduled on:

☐ MONDAY ☐ TUESDAY ☐ WEDNESDAY ☐ THURSDAY ☐ FRIDAY

DATE: _____ AT _____ A.M. P.M.