



CHARLOTTE GASTROENTEROLOGY & HEPATOLOGY

NuLYTELY Colonoscopy Prep

Patient _____ Doctor _____

Location _____ Arrival Time _____ AM PM

Date of Procedure _____

If you normally take Coumadin, Plavix, Xarelto, Effient, Brilinta, or Eliquis, then please contact the prescribing physician to make sure that it is okay to stop them for the recommended number of days: If you take Coumadin, Plavix, Effient or Brilinta stop 5 days prior to procedure. If you take Xarelto or Eliquis stop 2 days prior to procedure. If your prescribing doctor says that it is not okay to stop, please contact our office. Do not stop aspirin for the procedure. If you take Phentermine, please stop 14 days prior to the procedure.

FOUR DAYS BEFORE PROCEDURE: Discontinue eating any corn or tomatoes, potato chips, nuts, popcorn or any fruit/vegetable with small seeds in it. Also avoid iron tablets (unless advised by physician) and oil-based supplements (fish oil, etc.).

ONE DAY BEFORE PROCEDURE: Start clear liquid diet all day such as broth or bouillon, Jell-O (except red or purple), coffee (black or with sugar, but no creamers, even non-dairy creamers), tea, clear fruit juices without pulp such as white grape or apple juice and clear soda (Sprite, 7-up, ginger ale, etc.). You may also have Gatorade, popsicles (except red or purple), Kool-Aid (except red or purple) and lemonade without pulp. No milk or milk products. This includes SlimFast, Ensure and protein drinks. Please make sure you drink plenty of clear liquids throughout the day.

4:00 P.M. Take 2 Bisacodyl tablets or DULCOLAX (over the counter) with water.
Select your NuLYTELY flavor of choice and add water to the top line of disposable container. Apply cap and shake until dissolved. Place in refrigerator.

5:00 P.M. Drink at least HALF of the solution.
Drink one 8-ounce glass every ten minutes

THE MORNING OF YOUR PROCEDURE: 6 hours prior to the procedure time, drink the remaining portion of the solution. The last glass must be completed at least 4 hours prior to your procedure time.

DO NOT EAT OR DRINK ANYTHING 4 Hours before your procedure.

No gum/mints/hard candies are allowed on the day of your procedure.

If you take blood pressure medications, you may take them the morning of the procedure with a small sip of water.

Someone at least 18 years of age or older must bring you to the procedure, remain at the facility during your procedure, and take you home after the procedure. Otherwise your procedure will be canceled.

If you have any questions, please call 704-377-4009.

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