



Patient \_\_\_\_\_ Doctor \_\_\_\_\_

Location \_\_\_\_\_ Arrival Time \_\_\_\_\_ AM PM

Date of Procedure \_\_\_\_\_

**MEDICATION:**

If you normally take the following medications, please contact the prescribing physician to make sure it is okay to stop them for the recommended number of days.\* If your prescribing doctor says that it is not okay to stop, please contact our office. Do not stop aspirin for the procedure.

Medication	Recommended Days to Stop Prior to Procedure*
Coumadin, Plavix, Effient, Brilinta	5 days
Xarelto, Eliquis	2 days
Phentermine	14 days






**FOUR (4) 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 a physician) and oil-based supplements (fish oil, etc.).

**ONE (1) 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 juice 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) 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.

**AFTERNOON BEFORE PROCEDURE:**

<p><b>4:00 PM</b></p> 	<p>Take 2 Bisacodyl tablets or DULCOLAX (over the counter) with water.</p> 	<p>Select NuLYTELY flavor of choice. Add water to the top line of the disposable container. Apply cap and shake until dissolved. Place in refrigerator.</p> 
<p><b>5:00 PM</b></p> 	<p>Drink HALF of the solution by having one (1) 8-ounce glass every 15-20 minutes.</p>  <p>8 oz.    5:15-5:20 pm    + 15-20 mins.    + 15-20 mins.    + 15-20 mins.    + 15-20 mins.    + 15-20 mins.    + 15-20 mins.    =50%</p>	

**THE MORNING OF YOUR PROCEDURE:**

**6 HOURS\*\* PRIOR TO YOUR PROCEDURE TIME:**

Drink the remaining portion of the solution.  
\*\*Depending on your procedure time, this may involve getting up in the middle of the night.



**4 HOURS\*\* PRIOR TO YOUR PROCEDURE TIME:**

Last glass of the solution must be completed.  
**DO NOT EAT OR DRINK ANYTHING ELSE!**



**NO GUM/MINTS/HARD CANDIES/ICE 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 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 afterwards. Otherwise, your procedure will be canceled. If you have any questions, please call 704-377-4009.**