

COLONOSCOPY BOWEL PREP USING NULYTELY

If you have any questions please call Dr. Smith's office at 503-623-7301.

For your safety

Do not take ASPIRIN OR ANY ANTI-INFLAMMATORY MEDICATIONS (Motrin, Ibuprofen, Advil, Naprosyn, Aleve, etc) for 7 days before your procedure. Taking these medications increases your risk of bleeding from the procedure. Taking these medications within 7 days of your procedure WILL result in cancellation.

- Fill the prescription for Nulytely provided at the time of your visit. You will also need to purchase 4 dulcolax tablets at any pharmacy.
- **Two days** before your colonoscopy, eat only a **light** breakfast, and then start on clear liquids.
"Clear Liquids" include:
 - strained fruit juices without pulp (apple, white grape, lemonade, cranberry)
 - water, tea, coffee (without milk or non-dairy creamer)
 - clear broth or chicken, beef, or vegetable bouillon
 - Kool-aide, Gatorade, carbonated and non-carbonated soft drinks
 - Plain Jell-O (without added fruits or toppings or red dye), Ice Popsicles
 - **Alcohol is not recommended since it may cause dehydration.**
- * **Try to drink at least 8 oz of clear liquids every hour you are awake.**
- * **At bedtime: Take 2 dulcolax tablets with a glass of water. (Do not chew or dissolve tablets)**

- **One day** before your colonoscopy, prepare the Nulytely solution according to the instructions and refrigerate it for afternoon use.

Continue to drink lots of clear liquids throughout the day.

- **12:00 noon: Take 2 dulcolax tablets with a glass of water.**
- Continue drinking clear liquids all day.
- **3 pm:** mix flavor packet with Nulytely solution and drink ½ of the container (2 liters) over 2 to 3 hours (one glass every 10 to 15 minutes). This will cause diarrhea. Nausea and fullness is common until the laxative starts to work.
- **7 pm:** drink the remaining Nulytely solution (2 liters) over 2 to 3 hours.
- **Do not eat or drink anything after midnight.**
This includes water, coffee, tea, etc.

DAY OF COLONOSCOPY:

Wear loose comfortable clothing. Please keep valuables at home. You will need a ride home. For your safety, you can not take a bus, walk home or operate a vehicle until the following day.

The morning of your colonoscopy take the following medications with a small sip of water:
