

# Colonoscopy Preparation Instructions

## NuLytely/TriLyte/GoLyte (AM PROCEDURE)

**\*\*Please pick up prep at your pharmacy within a week from being seen in the office\*\***

### 1. THREE DAYS PRIOR TO YOUR PROCEDURE

- Please start a low residue/low fiber diet.
  - o Acceptable low residue/low fiber diet include:

<ul style="list-style-type: none"><li>▪ Meat</li><li>▪ Bacon</li><li>▪ Fish</li><li>▪ Chicken</li><li>▪ Cheese</li><li>▪ Eggs</li><li>▪ Milk</li><li>▪ Yogurt</li></ul>	<ul style="list-style-type: none"><li>▪ Oatmeal</li><li>▪ Cream of wheat</li><li>▪ Pancakes</li><li>▪ Waffles</li><li>▪ Cake</li><li>▪ Saltine Crackers</li><li>▪ White bread</li><li>▪ Pasta</li></ul>	<ul style="list-style-type: none"><li>▪ Rice</li><li>▪ Potato</li><li>▪ Squash</li><li>▪ Avocado</li><li>▪ Canned fruit</li><li>▪ Olive oil</li><li>▪ Butter</li><li>▪ Chocolate</li></ul>
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### 2. THE DAY BEFORE YOUR PROCEDURE

- Start a clear liquid diet, **(this includes the bowel prep)!**
  - o Acceptable clear liquids include:

<ul style="list-style-type: none"><li>▪ Beef or chicken broth</li><li>▪ Jell-O or popsicles (<b>NO RED, PURPLE OR ORANGE</b>)</li><li>▪ Sprite</li><li>▪ 7-UP</li></ul>	<ul style="list-style-type: none"><li>▪ Ginger Ale</li><li>▪ Apple juice</li><li>▪ Water</li><li>▪ Tea or coffee (<b>PLAIN, NO CREAM OR SUGAR</b>)</li></ul>
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- Beginning at **8 PM**
  - o Begin drinking the first 2 liters of your prep, **8oz every 15minutes** until you reach half of the gallon.

### 3. THE DAY (MORNING) OF YOUR PROCEDURE

- Take the last 2 liters, 8oz every 15minutes, **5 hours prior to your arrival time** (this may mean waking up as early as 2am)

**\*\*Also, you may not have ANYTHING within 3 hours of your arrival time. \*\***

Your procedure may be cancelled if you do so.

- 4. Arrange to take the day off of work since anesthesia will be administered. You **MUST** have a **responsible adult driver present at the time of arrival and during your recovery.** We cannot start the procedure without your driver present in the building. You will NOT be able to drive yourself home after the procedure. **Uber, Lyft, Taxi, bus or other forms of “public transportation” are NOT acceptable means of returning home after the procedure.** If you do not have an acceptable mode of transportation home after the procedure, your appointment will be cancelled and rescheduled to a different date.

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5. All body piercings MUST BE REMOVED prior to arrival.

## 6. MEDICATION MODIFICATIONS

**\*\*PLEASE DO NOT STOP TAKING YOUR ASPIRIN\*\***

- **Stop** Coumadin 5 days prior to the procedure
- **Stop** Pradaxa, Xarelto and Eliquis 2 days prior to the procedure
- **Stop** Plavix 7 days prior to the procedure
- **Stop** any anti-inflammatory medication 1 day prior to the procedure (including ibuprofen)
- **Stop** any arthritis medication 1 day prior to the procedure
- **DO NOT TAKE** insulin or any other oral diabetic medications the morning of the procedure. Be sure to check your blood sugar 4 hours prior to your appointment time. If your blood sugar is low, drink a glass of apple juice
- Please take ½ dose Lantus the night before the procedure (*if you are prescribed this*)
- **Continue to take any other prescription medications that are not listed above. They must be taken no later than 3 hours prior to your arrival time.**

**\*\*IF YOU ARE NOT SURE IF YOUR MEDICATIONS FALLS UNDER ANY OF THESE CATEGORIES, PLEASE CONTACT YOUR PHARMACY FOR FURTHER ASSISTANCE. \*\***

Your exam is scheduled on \_\_\_\_\_ at \_\_\_\_\_ am / pm

At \_\_\_\_\_ . Please arrive no later than \_\_\_\_\_ am / pm

-Please arrive no later than your arrival time to your appointment time

**YOUR PROCEDURE MAY BE CANCELLED AND RESCHEDULED IF YOU ARE LATE!**

**\*\*\*\*\*PLEASE BE FLEXIBLE. YOUR PROCEDURE TIME MAY VARY DEPENDING ON NUMEROUS FACTORS (cancellations, procedural delays, etc.) \*\*\*\*\***

**Important:** It is important that you contact your insurance company **5 DAYS PRIOR** to your procedure date. You may have a co-payment the day of your procedure and are responsible to verify with your insurance in advance. *Patients calling to cancel less than 2 business days due to a high co-payment may be subject to a \$150.00 cancellation fee.*