


Two Day Colonoscopy Preparation Instructions for NuLyteLy/Colyte/Gavilyte Spokane Digestive Disease Center, P.S.

Appointment Date: _____ Check-in Time: _____ Procedure Time: _____

7 Days Prior	3 Days Prior	2 Days Prior	1 Day Prior	Procedure Day
<p>Stop Blood Thinners such as: Clopidogrel (Plavix), Aggrenox, Ticlid, Pradaxa.</p> <p>Stop Iron supplements.</p> <p>Stop Fiber supplements and foods that contain skins, seeds or nuts. Examples: Tomatoes, cucumbers, poppy or chia seeds, popcorn, wheat breads.</p> <p>Arrange a ride. You will be sedated for this procedure & must have an escort to drive you home or the procedure will be cancelled. Taxi cab or public transportation is not allowed.</p> <p>Just a reminder: On your procedure day you will not be able to work, drive, operate equipment, sign any important papers, drink alcohol or take sedatives for the remainder of that day.</p> <p>No out of town travel to a remote area or on a cruise ship for 1 week if polyps are removed.</p>	<p>Carefully review the upcoming prep instructions for the next 2 days.</p> <p>Purchase NuLyteLy prep at the pharmacy.</p> <p>Stop - Blood thinners such as: Coumadin, Warfarin.</p> <p>Stop - Anti-inflammatory medications: Motrin, Advil and Ibuprofen. You may take Tylenol.</p> <p>Stop - Aspirin only if you are taking it for arthritis or as a general recommendation.</p> <p>Do NOT stop Aspirin if you have a history of heart disease, TIA, stroke or blood clots.</p> <hr/> <p>Appointments that are not cancelled or rescheduled 3 business days in advance will be subject to an administrative fee of \$100.00.</p>	<p>Drink 8 glasses of clear liquids throughout the day to stay hydrated. You may continue on a Low Fiber Diet until 5:00 PM.</p> <p>If you are Diabetic you may need to adjust your medication prior to the procedure. Check with your prescribing doctor.</p> <p>5:00 PM Take 2 Bisacodyl tablets. Drink one 10 oz. bottle of Magnesium Citrate. (Magnesium Citrate is in the laxative section of your pharmacy. No prescription is needed.)</p> <p>Begin Clear Liquid Diet See handout.</p> <hr/> <p style="text-align: center;">Confirm your ride</p> <div style="text-align: center;">  </div> <hr/> <p>Failure to follow the instructions correctly may result in cancellation of your procedure.</p>	<p>Clear Liquid Diet NO SOLID FOODS</p> <p>12:00 PM Take 2 Bisacodyl tablets. Drink one 10 oz. bottle of Magnesium Citrate.</p> <p>5:00 - 7:00 PM Begin drinking the NuLyteLy prep.</p> <p>Drink one 8oz glass every 15-30 minutes until half of the solution is gone.</p> <p>Continue to drink clear liquids. Do not consume low calorie beverages.</p> <p>If you become nauseated or vomit while drinking the prep, take a break and resume drinking the prep when symptoms subside. If you are unable to keep any of the prep down please call:</p> <p style="text-align: center;"><u>(509) 838-5950</u></p>	<p>Take your regularly scheduled heart, blood pressure or seizure medications.</p> <p>At _____ resume drinking all of the remaining prep solution.</p> <p>The final results should be clear yellow or green resembling chicken broth or lemonade with no solid stool.</p> <p>Continue to drink clear liquids until _____.</p> <p>Nothing by mouth 4 hours prior to your procedure time.</p> <p>Be sure to bring:</p> <ul style="list-style-type: none"> ✓ Co-pay/Deductable ✓ Insurance Card ✓ ID/Driver License ✓ List of your current medications ✓ Asthma Inhalers <p>Leave valuables at home!</p> <p>Your DRIVER will need to sign you out of the facility and must be available in our waiting area during and upon completion of your procedure.</p>