

Nulytely Preparation
Colonoscopy Instructions: M.E.C.

Name of Patient: _____

Date: _____ **Registration Time:** _____ **Day:** _____

DAY BEFORE EXAM:

1. On _____ **BEGIN A CLEAR LIQUID DIET (ALL DAY).**

This includes: Bouillon, Jell-O (no red or purple), apple juice, white grape juice, lemonade, Gatorade (**no red or purple**), coffee, tea, pop, **NO DAIRY PRODUCTS!**

2. At **1:45 p.m.**, take the Reglan tablet given to you by our office
3. At **2:00 p.m.**, begin drinking an 8 oz. glass of Nulytely every 10 or 15 minutes, until half of the prep is completed.

(You may now rest for 1 or 2 hours, and then resume drinking the preparation)

4. You may stop drinking the Nulytely if after 3 liters the diarrhea you are having is perfectly clear (like water).
(If you still see stool after 3 liters, you need to continue the Nulytely until you are all cleared out)
5. Nothing by mouth after midnight (except your medications).

DAY OF PROCEDURE:

1. You may take all of your daily prescribed medications normally with a sip of water. Your normal medications will not affect your bowel preparation or examination.
2. Arrive at the Michigan Endoscopy Center (Northwestern Hwy & Inkster Rd - Farmington Hills) no later than the registration time written above.
3. You will be given I.V. sedation before the exam (usually valium & demorol). You are required to have someone drive you to the hospital unit during the exam, and drive you back home.

If your driver cannot stay and wait in the hospital during your colonoscopy, your exam will be canceled

SPECIAL INSTRUCTIONS:

- Do not take **Aspirin**, or anything with aspirin in it (i.e...motrin, advil, ibuprofen, aleve, excedrin), for at least 7 days before the exam. Tylenol is O.K.!
- If you are taking **Coumadin**, or any other blood thinners (i.e.. plavix, ticlid), let the doctor know.
- If your doctor normally prescribes **Antibiotics** prior to dental work to protect an artificial heart valve, artificial joint, or heart murmur, let the doctor know so we can give you antibiotics.
- If you take insulin or pills for diabetes, take only **half** of your normal dose of diabetic medication the DAY BEFORE and the MORNING OF the exam. Monitor your blood sugar levels and drink an 8 oz. glass of APPLE JUICE with each clear liquid meal, and at bedtime.