



Digestive Care Center

General Procedure Instructions

Read and follow these instructions closely. Failure to follow them will result in your procedure being cancelled or rescheduled to a different day. These instructions are for your safety. Failure to follow them could cause severe complications, resulting in hospitalization.

****DO NOT EAT OR DRINK ANYTHING FOR FOUR (4) HOURS BEFORE YOUR SCHEDULED PROCEDURE START TIME. THIS EVEN INCLUDES CHEWING GUM, MINTS, OR SMALL AMOUNTS OF WATER AND MEDICATIONS.****

Please notify us if you are taking any **blood thinning** medications, (ex: Coumadin, Xarelto, Eliquis, Pradaxa, etc). **Refer to appointment information for specific stop times regarding medication you take regularly.**

Do NOT take any of the following medications for **SEVEN (7) days** prior to your procedure:

1. NSAIDs, such as Advil, Nuprin, Meloxicam, Motrin, Aleve, or ibuprofen
2. Iron medications or supplements (e.g. Fermalox, Niferex, Ferrous Sulfate), or vitamins containing iron
3. Any fiber supplements such as Metamucil, Citrucel, Konsyl

DO:

1. Call the facility where you will have your procedure with any questions regarding your medications or preparation instructions.
2. **Have someone accompany you to the procedure. He/she MUST stay at the center the entire time you are there to be available for any emergencies and because some of the medication you will receive will impair your ability to drive.**
3. If you are having a colonoscopy, follow the prep instructions carefully and completely.
4. If you are having an upper endoscopy (EGD), begin a clear liquid diet at midnight before your procedure.
5. Stay hydrated by drinking plenty of clear liquids up to your four hour cutoff point.
6. Brush your teeth, but do not swallow water or toothpaste.
7. Check with the physician managing your medications regarding options for temporarily stopping any blood thinning medications or diabetic medications.
8. Take your normal dose of blood pressure, heart, or seizure medications. If, you should take medication the morning of your procedure, take it with **no more than two (2) ounces of water at least two (2) hours prior to your procedure.**
9. Arrive for your procedure as directed. Your arrival time will be approximately one hour before your procedure begins. However, if your procedure is scheduled for 7:00am or 7:30am, please be aware that our office does not open until 6:30am. You do not need to arrive before 6:30am.
10. Because each case is different, many factors determine what time your procedure will actually begin. Please remain patient. We will do our best to accommodate you in a timely manner.



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Nulytely Colonoscopy Prep Instructions (One Day Prep)

Purchase the following:

1. Four (4) Dulcolax LAXATIVE tablets , over the counter
2. One (1) bottle of Nulytely (prescription attached) ***ONLY mix with water***

One week before your procedure do NOT eat:

Strawberries	Caraway seeds (rye bread)	Pineapple	Tomatoes
Chili or kidney beans	Lettuce	Popcorn	Corn
Olean products	Breads with sesame seeds	Red/orange Jell-O	Oranges
Fruit or vegetable skin/seeds	Peas	Grapefruit	

You may eat any food not listed above, including fruits and vegetables that are peeled and have the seeds removed.

The Day Before your Procedure, You MUST Start a Clear Liquid Diet, Limited Only to:

Fat-free broth or bouillon	Ginger ale	Iced tea
Coffee with NO creamer	Kool-aid	Soft Drinks (i.e. Coke, Sprite, Pepsi)
Hi-C	Clearfruit juices	Plain gelatin desserts

****Please avoid liquids containing RED, PURPLE, or, ORANGE dyes.**

****NO milk, orange juice, or tomato juice.**

1. Tear open one flavor pack of choice and pour into the Nulytely bottle. Solution can be used with the flavor packs **OR** you may use a Crystal Light flavor pack. (AVOID Red, Purple, or Orange liquids.) **Add water to the line** on the prep container, shake vigorously (you may mix the solution ahead of time and refrigerate prior to drinking if you prefer). The solution must be consumed within 24 hours of mixing.
2. **Between 5:00 pm and 6:00 pm**, take four (4) Dulcolax laxative tablets with eight (8) ounces of water.
3. **One hour later**, drink one 8 ounce glass of prep rapidly every 10 minutes until the entire amount is consumed. Three hours is an acceptable amount of time to drink the prep. You may resume clear liquids once you are done with the prep.

The Day of Your Procedure

1. Drink as much clear liquid as you can until 4 hours before your procedure to prevent dehydration.

****DO NOT CONSUME ANYTHING 4 HOURS BEFORE YOUR PROCEDURE****