



# Gastroenterology Associates of West Florida

## Digestive Diseases and Nutrition

*Diplomates American Board of Gastroenterology  
Diplomates American Board of Internal Medicine*

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### **PREPARING FOR COLONOSCOPY OR FLEXIBLE SIGMOIDOSCOPY USING NULYTELY TWO DAY PREP**

You are scheduled for a Colonoscopy or Flexible Sigmoidoscopy on \_\_\_\_\_  
You should arrive at \_\_\_\_\_ by \_\_\_\_\_ Please be prompt.

**Please be courteous to others and call with cancellations at least 72 hours prior. Make appropriate arrangements for co-pays and deductibles with the Surgery Center.**

Needed prior to procedure:

1. Get any blood work drawn one to two weeks prior
2. Two bottles of Citrate of Magnesia
3. Get NULYTELY from the pharmacy
4. Dulcolax **Laxatives** 6 tablets

\*\*\*You must discontinue Coumadin, Plavix, aspirin, Vitamin E, arthritis pills, and ibuprophen unless instructed otherwise for five (5) days prior to the exam. You may take Tylenol and/or Darvocet for pain.

\*\*\*You will not be able to drive home after the test if you receive sedation. Someone who can see you home after the exam must accompany you

#### **WE WILL NOT PERFORM THE EXAM ON PATIENTS WHO COME ALONE**

#### **TWO DAYS PRIOR TO THE EXAM – NO SOLID FOOD**

1. Take clear liquids only **ALL DAY** such as soda, broth, apple juice, tea, **BLACK** coffee, ice pops, and or other red colored liquids (Jell-O is no longer considered a clear liquid).
2. Take a bottle of Citrate of Magnesia about 3 PM. Take 2 Dulcolax tablets by mouth at 7 PM.
3. Pour luke warm water in the NULYTELY container to the fill line, shake to dissolve the contents, and refrigerate.

#### **ONE DAY PRIOR TO THE EXAM – NO SOLID FOOD**

1. Continue clear liquids. Take 2 Dulcolax tablets by mouth at 7AM
2. Stop drinking sugar-containing liquids 2 hours prior to drinking the NULYTELY solution. You may resume drinking sugar-containing liquids after completing the solution.
3. Drink 8 ounces (1 cup) of NULYTELY every 15-20 minutes, starting about 3 PM until the entire gallon is consumed
4. If you become nauseated while drinking the NULYTELY, you can start on plain tap water enemas and then resume drinking the gallon. If the nausea persists, call the doctor.
5. At 8 PM take 2 Dulcolax tablets by mouth. Take 2 more Dulcolax tablets by midnight if not running clear (yellow water with no particles).
6. Nothing to eat or drink at least 6 hours prior to the procedure (except Citrate of Magnesium).
7. Take one bottle of Citrate of Magnesia 5 hrs prior to procedure.

#### **DAY OF EXAM**

1. Take only Blood Pressure, Heart and Lung medication as discussed with your doctor with a sip of water. Do not take diabetes pills or insulin.
2. Do not wear make-up or finger nail polish.

**Doctors are available 24 hours day or night. Please call if you have problems with prep, questions about medications, or any other concerns: Call (727) 846-7031 or (352) 666-1441.**