

SUMMIT DIGESTIVE & LIVER DISEASE SPECIALISTS

DAVID C. CHUA, M.D.
ALBERT SAPORTA, M.D.
RAJEEV NAYAR, M.D.
ARUN VERMA, M.D.

Nulytely BOWEL PREPARATION FOR YOUR COLONOSCOPY PROCEDURE

Colonoscopy Date: _____ TIME: Will Call 1 Day Before With Arrival Time

Starting 5 days before the test:

1. Take Milk of Magnesium (MOM) 3 tablespoons every night at bedtime for 5 days prior to your test.

THREE (3) DAYS BEFORE PROCEDURE:

2. Try to have a light diet (50% less of what you regularly eat) to reduce stool production.

THE DAY BEFORE YOUR PROCEDURE:

Liquid Diet ALL day long (WHOLE DAY, NO SOLID FOODS):

- Clear liquid base diet, EXCEPT MILK, CREAM OR YOGURT. AVOID RED, BLUE AND PURPLE JELL-O (GELATIN).

*IMPORTANT: YOU NEED TO STOP DRINKING LIQUIDS 5-6 HOURS BEFORE YOUR PROCEDURE TIME!.

- **In the Morning; Prepare your Nulytely** with flavor packs solutions according to directions and refrigerate
- **Nulytely:**
 - Start drinking **½ (half) the gallon** of Nulytely at **12 PM** day before procedure– 8oz every 15 minutes. **Note/ in between you can be drinking juice or other liquids to help with the taste.**
 - Start drinking **second ½ (half) the gallon** of Nulytely – 8oz every 15 minutes at **8pm.**
- **Dulcolax:** Take **4 tablets** at the same time at **6 PM.** **Note /** Followed by 2-3 glasses of liquids.
- **Magnesium Citrate:** Drink the whole bottle **6 hours before your procedure time.** **Note/** followed by 2-3 glasses of liquids.

IMPORTANT REMINDER:

ASK A FRIEND OR RELATIVE TO DRIVE AND ASSIST YOU HOME AFTER PROCEDURE, SOMEONE MUST ACCOMPANY YOU.

DIABETIC PATIENTS:

- If you are taking an oral hypoglycemic (sugar pill): **DO NOT** take it the day before and of your procedure.
- If you are taking **insulin, please take ½(half)** of your prescribed AM insulin dose, the day before procedure and **skip your night time insulin dose.**

MEDICATION INSTRUCTIONS

You will need to **discontinue the medications listed below:**

- Anticoagulant/Blood thinner/medication to prevent blood clot: Coumadin/Warfarin, Apixaban/eliquis, Plavix/Clopidogrel, Rivaroxaban/xarelto, Ticagrelor/brilinta, stop 5-7 days before procedures. Advise patients to consult their prescribed MD before stopping this medication. **(No need to stop Aspirin)**
- Ibuprofen (Advil, Motrin), Ketoprofen, Naproxen (Aleve) and other NSAIDs (non-steroidal anti-inflammatory drugs) – **3 Days Before Procedure**

YOU MAY TAKE YOUR REGULAR MEDICATION UNLESS INSTRUCTED OTHERWISE.

If you have any questions, please contact our office at 773-292-8247