



979-292-0033  
713-436-8171  
888-292-0010

# Nulytely Preparation for Colonoscopy

Patient Check-in Time \_\_\_\_\_

Patient Procedure Date \_\_\_\_\_

## The location where your procedure will take place:

### Your GI Center at Lake Jackson

109 Parking Way, Lake Jackson, TX 77566

\*\*The front door opens at 7:00 a.m.

\*\*If you need to cancel or reschedule your procedure, please call (979) 292-0033 with at least 24 hour notice.

\*\*Our office requires a 24-hour notice if you are going to cancel or reschedule your appointment otherwise a \$50 cancellation fee will be bill to you.

### Your GI Center at Pearland (Pearland Premier Surgery Center)

2813 Smith Ranch Road, Pearland, TX 77584

\*\*The front door opens at 7:00 a.m.

\*\*If you need to cancel or reschedule your procedure, please call (713) 436-8844 or (713) 436-8171

\*\*24-hour notice still required to avoid \$50.00 fee for canceled procedure

### Hospital

\*\*24-hour notice still required to avoid the \$50 fee for canceled procedures

## Patient Check List

### **Purchase:**

1. **Nulytely** (this a prescription to be filled)
  2. Small box of **Dulcolax** tablets which can found over the counter at your local pharmacy (you will only need two of there oral laxatives).
- Someone needs to accompany you to and from the facility because you will not be allowed to drive until 12 hours after the procedure. This is because medication will be given to you to help you relax during the test.
  - Prescription blood thinners (**Coumadin, Plavix, Aggrenox**) and iron preparation must be stopped 5 days prior to the **procedure (aspirin is okay to take unless specifically instructed otherwise)** unless your physician has instructed you with an exception.
  - All other medication can be taken on its normal schedule with sips of water.
  - **DIABETIC PATIENTS:** On the day of Colonoscopy, if you are on Insulin treatment, take only on third dose of the regularly scheduled insulin. If you are on diabetic pills, do not take any of the diabetic pills at all on the day of the Colonoscopy.

- **BLOOD PRESSURE PATIENTS:** Please take your blood pressure medications at your normal scheduled time.
- If you use a **C-PAP** machine **please bring it with you** on the day of your procedure.
- If you use a **Nebulizer**, please **do a breathing treatment before** coming in for your procedure.
- If you use an **Inhaler**, **bring it in with you** on the day of your procedure.

### **Instructions on Preparation for Colonoscopy:**

- **Two days before your Colonoscopy take two Dulcolax tabs (Oral Laxative – over the counter) by mouth in the evening by 5:00 pm; follow a regular diet this day.**
- **Day before your Colonoscopy, eat breakfast by 9:00 a.m.** drink only clear liquids throughout the day. Solid foods, milk products are **NOT** allowed.
  - **Clear liquids** include all of the following that are not colored red or purple: Strained fruit juices without pulp only (apple, white grape, lemonade), water, clear broth or bouillon, coffee or tea (without milk or nondairy creamer). Gatorade, carbonated and non-carbonated soft drinks, Kool-Aid (or other fruit flavored drinks), plain Jell-O (without added fruit or topping), and ice Popsicle. Look under tab for **Diets** in our website at [www.yourgicenter.com](http://www.yourgicenter.com) and get a detail list of foods for Clear Liquid Diets.
  - **The evening before you Colonoscopy start the prep at 5:00 PM**, drink a 6-8 oz. glass of Nulytely every 15 minutes until all is finished.

**THE DAY BEFORE YOUR PROCEDURE**  
**DO NOT EAT ANY SOLID FOODS AND**  
**NOTHING TO DRINK AFTER MIDNIGHT.**  
**UNTIL YOUR PROCEDURE IS**  
**COMPLETE.**

**IF YOU ARE EXPERIENCING LOW**  
**SUGAR SYMPTOMS,**  
**IMMEDIATELY TAKE SOME**  
**SUGAR SOLUTION OR CLEAR**  
**JUICE SUCH AS APPLE JUICE.**