



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

Three Day 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 four Dulcolax tablets and Nulytely (prescription given) from your local pharmacy.**
- **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 and Aggrenox) must be stopped 5 days prior to the procedure.** (Aspirin is okay to take unless specifically instructed otherwise) **.All other medication can be taken on its normal schedule** with sips of water.
- **DIABETIC PATIENTS: take only half of your scheduled insulin and no Diabetic pill on the day of the procedure.**
- 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 Your Preparation for the Procedure

- **Three days before your Colonoscopy take two Dulcolax tabs** (Oral Laxative – over the counter) by mouth. Regular diet on this day.
- **Two days before your Colonoscopy take two Dulcolax tabs** (Oral Laxative – over the counter) by mouth.
 1. Start a clear liquid diet this day.
 2. No solid foods or milk or milk Products on this day.

→ **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 and get a detail list of foods for Clear Liquid Diets.
- **The DAY BEFORE your Colonoscopy:**
 1. Follow a clear liquid diet this day.
 2. At 5:00 P.M. begin the Nulytely preparation: drink 6-8 oz every 15 minutes until all is finished.

*****Bowel movements should be liquid and without particles/pieces of solid stool.**

▶ **Nothing to eat or drink after midnight, except regular medications as advised above. If you get thirsty take small sips of water or ice chips.**

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.