



**Colonoscopy Bowel Preparation Instructions: Two Day NuLyteLy / GoLyteLy / TriLyte**

Your procedure is scheduled on \_\_\_\_/\_\_\_\_/\_\_\_\_ with Dr. \_\_\_\_\_

at The Nebraska Medical Center. Please arrive at \_\_\_\_:\_\_\_\_ a.m. / p.m. for your procedure at \_\_\_\_:\_\_\_\_ a.m. / p. m.

Please check in at patient access services in the Durham Outpatient Center located on 44<sup>th</sup> and Emile.

**PLEASE READ ALL INSTRUCTIONS ON THE DAY YOU RECEIVE THEM**

Bowel preparation (cleansing) is needed to perform an effective colonoscopy. Any stool remaining in the colon can hide lesions and result in the need to repeat the colonoscopy. It is **crucial** that you follow the instructions to prepare your colon for the examination.

Every effort will be made to keep your appointment at the scheduled time; however, unexpected delays and emergencies may occur and your wait time may be prolonged. We give each individual patient the attention needed for his or her procedure.

If you must cancel, please call as soon as possible: (402) 559-8503.

**IF YOU ARE AFFECTED BY ANY OF THE CONDITIONS LISTED BELOW, PLEASE FOLLOW THESE INSTRUCTIONS**

<b>DIABETES</b>	Consume sugared items when on clear liquid diet. Check your blood sugar frequently while taking the prep solution and the morning of your procedure. Consult your primary care provider for instructions regarding Insulin dosing.
<b>HEART VALVE REPLACEMENT OR HISTORY OF ENDOCARDITIS</b>	The American heart Association no longer recommends antibiotics for colonoscopy.
<b>ASPRIN</b>	Please discuss with your referring physician or cardiologist as it is our preference you discontinue Aspirin three (2) days prior to your colonoscopy. <b><u>Contact our office if after discussing with your physician it is determined you should not hold these medications. (402) 559-6040</u></b>
<b>PLAVIX, HEPARIN, LOVENOX, TICLID, AGGRENOX</b>	Please discuss with your referring physician or cardiologist as it is our preference you discontinue Plavix (clopidogrel), Ticlid, or Aggrenox five (5) days prior to your colonoscopy. Heparin or Lovenox one (1) day prior to the colonoscopy. <b><u>Contact our office if after discussing with your physician it is determined you should not hold these medications. (402) 559- 6040</u></b>
<b>COUMADIN/WARFARIN</b>	Please discuss with your referring physician or cardiologist as it is our preference you discontinue Coumadin/Warfarin five (5) days prior to the colonoscopy. <b><u>Contact our office if after discussing with your physician it is determined you should not hold this medications (402) 559-6040</u></b>
<b>NSAIDS</b>	Non-steroidal anti-inflammatory drugs ( i.e., Advil, Aleve, Motrin, or any products containing Ibuprofen ) should be discontinued five (5) days prior to colonoscopy.
<b>HERBALS, VITAMINS, STOOL BULKING AGENTS ( I.E. METAMUCIL OR CITRUCEL) AND IRON SUPPLEMENTS</b>	Herbals, vitamins, stool bulking agents and iron supplements should be discontinued five (5) days prior to colonoscopy.

### SEVEN (7) DAYS PRIOR TO YOUR COLONOSCOPY

1. Read through your preparation instructions.
2. After discussing with your referring physician or cardiologist, and if approved, stop medications noted previously according to instructions. **Be sure to let us know if you have had coronary artery stents placed in the last year. (May need to delay routine colonoscopy with recent stent placement).**

### FIVE (5) DAYS PRIOR TO YOUR COLONOSCOPY

1. Obtain bowel prep products from your pharmacy. Your primary care physician should have written a prescription for you or called in a prescription. (Please contact the physician who ordered your colonoscopy for prescription if you have not received one).
  - Nu-Lytely or TriLyte and GoLytely ( Available by prescription only).
  - Magnesium Citrate (available without prescription)
  - Gas tablets ( such as Gas-X) are available without prescription.
2. Stop Asprin, Plavix (clopidogrel), Ticlid, Aggrenox, Heparin, Lovenox, Coumadin/Warfarin, NSAIDS.

### TWO DAYS PRIOR TO THE COLONOSCOPY

1. NO SOLID FOOD
2. Clear liquids ALL DAY :
  - ❖ As a rule- if you can see through it, you can drink it. **Always avoid red, purple or blue colored liquids, Jell-o or popsicles.**
  - ❖ Gatoraid, (no red, purple or blue), clear fruit juices ( white grape, white cranberry, apple), water, tea, coffee (without cream), koolaid, crystal lite, power-aid, clear soup, broth or bouillon, popsicles, hard candies, soda-pop ( 7-up, sprite, regular or diet pepsi/coke, gingerale, jell-o.
  - ❖ **At 6:00 p.m. drink entire contents of Magnesium Citrate**
3. **For Diabetic Patients:** Please consume clear liquids that are not sugar free which will give you calories to assist with your blood sugar levels

### THE DAY PRIOR TO THE COLONOSCOPY

1. **NO SOLID FOOD; NO ALCOHOL**
2. **Clear liquids ALL DAY:**
  - ❖ As a rule- if you can see through it, you can drink it. **Always avoid red, purple or blue colored liquids, Jell-o or popsicles.**
  - ❖ Gatoraid, (no red, purple or blue), clear fruit juices ( white grape, white cranberry, apple), water, tea, coffee (without cream), koolaid, crystal lite, power-aid, clear soup, broth or bouillon, popsicles, hard candies, soda-pop ( 7-up, sprite, regular or diet pepsi/coke, gingerale, jell-o.
  - ❖ Do not drink any alcoholic beverages.
3. **For Diabetic Patients:** Please consume clear liquids that are not sugar free which will give you calories to assist with your blood sugar levels
4. Mix Nu-Lytely or TriLyte or GoLytely according to the package directions and refrigerate **in the morning.**
5. **Drink** at least 8 ounces of clear liquid every hour **from 9:00 a.m. to 5:00 p.m.**
6. **AT 5:00 p.m.**
  - **Start to drink the PREP solution:** Drink one glass or 8 ounces every 10 minutes until the solution is consumed. If at any time you notice bloating, fullness, or nausea, you may drink the solution every 20 minutes.
7. **AT 9:00 p.m. and 10:00 p.m** Take two gas tablets with 8 ounces of clear liquid ( such as Gas-X). This will relieve gas and bloating.
8. Continue to drink clear liquids until **midnight.**

**NOTHING TO EAT OR DRINK AFTER MIDNIGHT** (INCLUDES WATER)

## THE DAY OF COLONOSCOPY

1. **NO SOLID FOOD, NO ALCOHOL, NO LIQUIDS**
2. You may take any high blood pressure and anti-seizure medications with a small sip of water even the day of the procedure.

## FREQUENTLY ASKED QUESTIONS

Question: What if I feel like I am going to vomit if I drink another glass of prep, or, what if I start to vomit while drinking the prep?

Answer: Stop prep for 30 to 45 minutes until symptoms subside, then resume.

Question: What if I drink all the prep and I do not have a bowel movement?

Answer: Wait one (1) hour. If still no stool you will need a Fleets enema. This can be purchased over the counter at any pharmacy. If still no results by 9:00 p.m. contact The Nebraska Medical Center at 559-4000 and have the GI Fellow on call paged.

Question: What if I have rectal discomfort?

Answer: You may apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.

Question: Can I eat after my procedure?

Answer: Usually you may resume your normal diet unless otherwise instructed.

Question: Will I be asleep for my procedure?

Answer: You will be given what is known as “conscious” or twilight” sedation. These medications are designed to decrease your awareness and can affect your ability to remember the event.

## SPECIAL INSTRUCTIONS:

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## WHAT TO BRING:

- Someone to drive you home. You will be unable to drive home. Please have someone accompany you to the facility that can drive you home safely. This applies even if you are coming by public transportation such as a cab service or Shared Mobility service. Sedation is usually given during your procedure. **If you have not arranged for someone to drive you home, your procedure may be cancelled.**
- Your insurance cards and drivers license.
- A list of your medications.

## WHAT TO WEAR:

- Wear comfortable, loose fitting clothing. Wear flat shoes or tennis shoes. Please leave jewelry and valuables at home.