
PREPARATION FOR COLONOSCOPY (Using NuLytely)

- If you regularly take Plavix (clopidogrel), stop this medication 14 days prior to colonoscopy.
- If you regularly take Coumadin (warfarin), stop this medication for _____ days prior to colonoscopy.
- Do not take medicines containing aspirin (ASA) for 7 days prior to colonoscopy.
(Includes Alka-Seltzer, Anacin, Ascriptin, Ecotrin, Empirin, Excedrin, Halfprin).
- Do not take any anti-inflammatory medicines for 2 days prior to colonoscopy.
(Includes Advil, Aleve, Anaprox, Daypro, Diclofenac, Etodolac, Ibuprofen, Indocid, Ketoprofen, Ketorolac, Lodine, Motrin, Naprosyn, Nuprin, Relafen, Toradol, Voltaren).
If pain relief is needed, use Tylenol (acetaminophen).
- In order for colonoscopy to take place, the colon must be absolutely clean.
 - For two days prior to colonoscopy, avoid salads, fruit peels, beans, and corn.
 - For one day prior to colonoscopy, avoid the following:
 - Bulk laxatives (Metamucil, Citrucel, Konsyl, Fibercon, Benefiber, Bran, Effersyllium)
 - Stool softeners (Colace, Pericolace, Doxidan, Dialose, Surfak, Docusate)
 - Iron-containing vitamins (Multivitamins with iron, Geritol)
 - Starting on the morning of the day before colonoscopy, begin a clear liquid diet, which includes the following:
 - Bouillon and clear or light colored soups or broths
 - Black coffee or tea
 - Jello® (no fruit or toppings)
 - Fruit juices with no pulp
 - Popsicles®
 - Gatorade
 - Hard candy
 - Carbonated beverages
 - Do not eat or drink anything colored red or purple.
 - Avoid solid food other than hard candy or Popsicles.
 - Avoid dairy products including milk, cheese, ice cream, and yogurt.
- Starting in the afternoon on the day prior to colonoscopy, drink **NuLytely** (prescription required):
 - NuLytely comes as a powder in a jug; add water to the “fill line” on the jug and shake well to dissolve.
 - Refrigerating the solution may make it more palatable.
 - Drink 8 oz. of the solution every 30 minutes until bowel movements are clear and free of solid matter; this usually requires at least 3 liters of solution (3/4 of the jug volume).
- After drinking the laxative, you may drink all the clear liquids you desire, up until midnight.
- You may apply some Anusol or vaseline around the anus if the anal area becomes sore due to passage of liquid stool.
- Do not eat or drink anything after midnight the night before colonoscopy. Take your regular heart or blood pressure medications in the morning with a small sip of water. If you are diabetic, measure your blood sugar the night before and the morning of colonoscopy; if the sugar is low, you may have some juice. Do not take insulin or diabetic medications until after the procedure.
- Report to _____ Hospital admissions desk at _____ on _____.
- You will be sedated for the exam and will not be able to drive for the rest of the day. Bring someone with you who can drive you home.

