

## Colyte/Nulytely Prep

**Someone must be with you while you have the procedure and to drive you home. If your driver is not in our waiting room, your procedure will not be performed.**

If you must cancel your procedure time, please do so **7** days in advance. If you have any questions or need to cancel your procedure, here is the number to call:

- Summit Endoscopy Center: 678-817-6505 Option 1 or 2
- [www.summitendoscopycenter.com](http://www.summitendoscopycenter.com)
- Piedmont Fayette Hospital: 770-460-3100 Dianna

In order to pre-cert the procedure we must have your current insurance card. Our staff will contact the insurance company to pre-certify the procedure. Pre-cert is not a guarantee of payment. For benefit information, contact your insurance company.

Please bring your insurance card, picture ID and a list of medication to the facility on the day of your procedure.

If you have special needs, please notify the staff prior to your procedure. If you have sleep apnea, you may need to bring your CPAP machine.

## Important Information for your Colonoscopy

If you become **extremely nauseated** and begin to **vomit** after taking the laxative, call your physician's office and ask to speak with his nurse. The number is listed at the top of your instruction sheet. If you are able to keep the laxative down for 30 minutes, it will achieve its desired effect.

Two weeks before a procedure, stop taking any **herbal products**, including **Olestra** products. (Olestra is found in no fat chips and snack products.)

One week before your procedure, **TAKE NO ASPIRIN**. Read all "over the counter" labels and take no medications that contain aspirin. Take no **Ibuprofen (Advil, Aleve, etc.)**, **no BC or Goody's Powders**, **no arthritis medications or anti-inflammatory medications**. Do not take **Vitamin E, Iron, multi vitamins or fish oil**. Your doctor will advise you to stop **Plavix** or **Coumadin** 3, 4, or 5 days before the procedure. All of these medications have a blood thinning effect and could cause unnecessary bleeding. **You may take Tylenol.**

**The morning of the procedure:** when you wake up, take **heart** medications, **breathing** medications, **blood pressure** medications or **seizure** medications with a sip of water. If you have any doubt about whether you should take your medications prior to your procedure, simply bring them with you.

If you are **diabetic**, read and follow the special **diabetic instructions**.

Please do not consume alcoholic beverages 24 hours before your exam.

It is **extremely important** that you take **all of the laxative** as instructed.

The desired effect of the colon prep is to leave the colon very clean. You can expect the results to be clear, yellow, or light green.

Wear comfortable clothes that are easy to remove. Jewelry should be left at home with exception of wedding bands. Remove any tongue, lip, nose and cheek piercings prior to the procedure.

## Preparation for your Colon Examination

### Colyte/Nulytely Prep

*It is very important that you follow these instructions. The success of your exam depends on it.*

**Purchase:** Prescription for Colyte/Nulytely

### One day before your exam:

- Begin a **clear liquid diet** in the morning:
- **Clear liquid diet includes:**
  - Water
  - Strained fruit juice, apple, white grape and lemonade.
  - No orange juice
  - Clear broth or bouillon
  - Coffee without milk or non-dairy products
  - Coke, Diet Coke, Pepsi, clear non-red soft drinks
  - Tea, Gatorade, Crystal Light or other similar drinks
  - Jello and popsicles: Avoid red or purple flavors
- In the morning, prepare the Colyte/Nulytely by following the instructions on the package. You may use the cherry flavoring offered, as there is no red dye in it.
- Place in refrigerator.

### **Between 3 to 5 PM:**

- Drink 64 ounces of the solution over two hours.
- Continue drinking clear liquids until ready for bed.

### On exam day:

#### **Six hours before leaving to come for the procedure:**

- Drink the remaining 64 ounces of solution over two hours.

\*Then you may have **nothing else** until after the procedure. This includes ice chips, gum and hard candy. (The only exception is medications previously discussed on the information page.)

**If you vary from these instructions in any way, this includes drinking any fluids, your procedure may be delayed or cancelled.**