

# Colonoscopy Bowel Preparation Instructions

## Nu-LYTELY Preparation

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

### About Colonoscopy

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. You should plan to be at the hospital 2-4 hours. It is critical that you follow the instructions as directed.

The physician will discuss your procedure with you when you are in the recovery room. If you had any biopsies taken, you will receive a letter with those results, usually 2-3 weeks after the procedure. If there are serious findings on the biopsy, your physician will contact you.

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

If you have any questions, please call 317-817-8052; if you need to cancel, please call 317-944-4782 as soon as possible.

### What to Bring:

1. The first and last name and address of all doctors you want to receive a copy of your procedure report.
2. Someone to drive you home. Sedation is usually given during your procedure. **If you have not arranged for someone to drive you home, your procedure may be cancelled.** The person who signs you out must be with you on the unit before you can be released. You will not be able to drive, operate machinery, make important decisions or return to work for the rest of the day. You may resume normal activities the next day unless the doctor states otherwise.
3. A copy of relevant medical records from your referring physician.
4. Your insurance cards. Many insurance carriers (not Medicare) and managed care organizations require preauthorization or precertification. *If you have specific questions about coverage for your upcoming procedure, please contact your insurance company.* As a courtesy we will make every attempt to obtain the authorization for these procedures, please make sure we have your correct insurance information. If your insurance information has changed or is inaccurate, please contact our authorization coordinators at local-317-428-4356 or long distance @ [855-884-2822](tel:855-884-2822).

## Patient Checklist

**IF YOU TAKE BLOOD PRESSURE OR HEART MEDICATIONS, PLEASE TAKE WITH A SIP OF WATER THE MORNING OF YOUR PROCEDURE.**

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

Diabetes	Check with your physician regarding your dose of insulin and other diabetic medications needed the day before and the day of your procedure. Inform your doctor that you will be on clear liquids the day prior to your procedure. Typically, we recommend that you do not take your oral hypoglycemic or insulin before your procedure. Bring it with you to take after your procedure. Check your blood sugar frequently while taking the prep solution and the morning of your procedure.
Hip or knee replacement in the past 6 months, vascular graft in the past year, coronary stent in the past 6 weeks	You may need antibiotics before your procedure. Please arrive two hours before your scheduled procedure time. Do not schedule your procedure before 8:00am. Please inform the nurse and your physician.
Aspirin	If you are taking aspirin <b>PRESCRIBED</b> by your MD please continue to take it. If you do not have a heart or blood vessel or clotting disorder, and you are taking aspirin on your own without a doctor's advice, please stop taking aspirin 5 days before your procedure
Coumadin, Plavix, Heparin, Lovenox, or other anticoagulants	Ask the physician who prescribed your medicine how to take it before and after your procedure. If you cannot contact your physician, call us several days before your exam. If you take Coumadin, you may need a blood test two hours before your exam. <i><u>Please do not assume that you can safely follow the same medication adjustments that have been made for your previous procedures.</u></i>

## What to Wear

Wear comfortable, loose fitting clothing that is easy to step into. Wear flat shoes or tennis shoes. **Do not wear jewelry or bring valuables. Do Not wear contacts**

## Research Studies:

Some patients who come to the endoscopy unit are asked to participate in a research study. If you are asked to participate, the study purpose and procedures will be explained to you. You have the right to decline participation. Declining participation will not affect the interest the doctors have in your case. The doctors at the endoscopy center are typically involved in research studies on how to improve endoscopy.

**Please note:** Although your upcoming colonoscopy may be scheduled as a screening procedure, if during the course of your screening the physician removes a polyp or performs a tissue biopsy, the procedure may be considered diagnostic and may not qualify for coverage as a screening service. Insurance company policies vary regarding these matters and we urge you to contact your insurance company to obtain their policy on these types of procedures.

## Prep Instructions for Colonoscopy – Nu-LYTELY

5 days before your colonoscopy	2 days before your colonoscopy	The day before your colonoscopy	The day of your colonoscopy
Read all prep instructions.		<p><b>CLEAR LIQUIDS ONLY 24 hours prior to procedure</b>  <b>NO SOLID FOOD</b>  <b>NO ALCOHOL</b></p>	<p><b>CLEAR LIQUIDS ONLY 6 HOURS BEFORE PROCEDURE (OTHER THEN COMPLETING THE NULYTELY PREP)</b>  <b>NO SOLID FOOD</b>  <b>NO ALCOHOL</b></p>
Contact prescribing physician for instructions on dosage of blood thinners.	<p>Complete forms sent from the endoscopy department. List all current medications, find insurance cards, get names and addresses of the physicians you want to receive a copy of your procedure report.</p> <p>Obtain bowel prep products from your pharmacy.</p> <ul style="list-style-type: none"> <li>• <b>Nu-LYTELY is available by prescription only</b></li> <li>• <b>. Gas tablets are Gas-X or Mylanta Gas.</b></li> </ul>	<p>Clear liquids ALL DAY (attached)</p> <p>PLUS            Drink an extra 8 ounces of clear liquid every hour from 11am to 5pm. Gatorade is preferred.</p> <p><b>6pm</b> Mix Nu-LYTELY powder according to the directions on the container and drink 8 ounces.</p> <p>Drink 8 ounces of prep solution every 10 minutes until about ½ of the solution is consumed. Place remainder of solution in the refrigerator.</p> <p><b>9pm</b> Take 2 gas tablets with 8 ounces clear liquid. (Gas-X or Mylanta Gas)</p> <p><b>10pm</b> Take 2 gas tablets with 8 ounces clear liquid.</p>	<p>Beginning 5 hours before your scheduled procedure time, drink the remaining half of the Nu-LYTELY solution.</p> <p>Drink 8 ounces every 10 minutes until the solution is gone.</p> <p>If your procedure is scheduled in the early morning, you'll need to get up in the middle of the night to take this dose of preparation. The correct timing of this dose is essential to an effective preparation.</p> <p><b>Have nothing else to eat or drink 6 hours before your procedure EXCEPT to take heart and blood pressure meds with a sip of water</b></p>
Stop herbals, vitamins and oral iron supplements.	Stop any anti-inflammatory medications (Motrin, Advil, Ibuprofen). Celebrex and Tylenol are OK to use.	You are encouraged to continue drinking clear liquids till you go to bed.	After the procedure you may eat your usual diet unless otherwise instructed. Drink 8 ounces of liquid at least 6 times after the procedure and before retiring for the night.
Arrange for a driver for your procedure.	Confirm that you have a driver to take you home following your procedure.	You may apply a petroleum based product or diaper rash ointment to the rectal area if you experience discomfort from frequent stools.	<b>Your driver must remain in the waiting room during your procedure.</b>

**If you think the prep is not working, call (317) 817-8052 during the day or after hours (317) 755-6267**

**Do not take more than the prescribed dose of Nu-LYTELY.**

## **Clear Liquid Diet**

As a rule – if you can see through it, you can drink it.

### **Gatorade is the preferred clear liquid (no red or purple)**

Clear fruit juices, white grape juice and apple juice

Water

Kool-Aide, PowerAde (no red or purple)

Clear soup, broth or bouillon

Popsicles (no red or purple)

Tea or coffee without cream

Hard candies

Soda pop, 7-Up, Sprite, regular or diet Pepsi or Coke, ginger ale, orange soda (no red or purple)

Jell-O (no red or purple)