Instructions for Your Colonoscopy with NuLYTELY®

Getting Prepared
If you need to cancel or reschedule your test, please call (406) 541-6844 as soon as possible.

BE SURE YOU’RE READY FOR YOUR PROCEDURE
Your doctor has ordered a procedure to check your colon for any problems. Read this whole handout right away and do each step very carefully. Your colon must be empty and clean for the doctor to see. If your colon is not empty and clean we will not be able to do the procedure. The procedure will take 15-30 minutes, then you will need a post procedure recovery time of approximately 30 minutes to one hour. The total length of time is approximately 2 ½ - 3 hours.

Insurance
Call your insurance company to find out the following information:
• If you need to pay part of the cost on the day of your procedure.
• If the procedure is considered a preventative/screening examination.
• Any other items to complete prior to procedure.

Medicare does not require prior-authorization.

1 – 2 Weeks Before Your Procedure
• Make plans for someone to drive you to and from the procedure. We cannot let you leave if you are alone.
• Plan to take off work the day of your test. You will be sleepy and forgetful after your procedure.
• Please be sure to bring your co-payment or payment with you on the day of your appointment.

Diabetes
If you have diabetes, your insulin dose may require adjustments by your Primary Care Provider (PCP). On the day of the procedure, you should not take your oral diabetic medications. Please contact your PCP regarding insulin dosage.

Medications
Don’t take any of these medications 5 DAYS PRIOR to your procedure:
Ibuprofen (Motrin, Advil) • Alka Seltzer • Iron Supplements • Pepto Bismol • Ginko Biloba
Celebrex • Naprosyn (Aleve) • Herbal Supplements • Piroxicam • Other NSAIDS
Fish Oil (or oil-based supplements) • Metamucil (or any other supplements) • Vitamin E

If you take any of the following anticoagulants, please ask the prescribing Physician, PCP or Cardiologist, if and when they should be stopped prior to your procedure:
Plavix (clopidogrel) • Eliquis • Pradaxa • Heparin • Xarelto • Effient • Lovenox (enoxaparin)
Coumadin (warfarin) • Brilinta • Other blood thinners

UNLESS SPECIFICALLY INSTRUCTED OTHERWISE BY YOUR PHYSICIAN, KEEP TAKING ALL OF YOUR REGULARLY PRESCRIBED MEDICATIONS INCLUDING ASPIRIN.
5 Days Before Your Procedure
DO NOT EAT any of the following:
• Any nuts or corn
• Whole grain bread
• Any seeds or foods that have seeds in them, like berries, tomatoes or cucumbers

PURCHASE THE FOLLOWING AT THE DRUG OR GROCERY STORE:
• Your prescription has been sent to: _____________________________________________
• Benadryl 25 mg tablets (over the counter).
• A supply of liquids (see the list of what’s OK to drink below).
• You may also want baby wipes and A&D ointment (in case you get sore).

MIX NuLYTELY ACCORDING TO PACKAGE DIRECTIONS.
THEN FOLLOW THESE HANDOUT DIRECTIONS.

Day Before Your Procedure
WHEN YOU WAKE UP ON __________________:
In the morning, mix up the NuLYTELY solution with warm water and then refrigerate.

DO NOT EAT ANY SOLID FOOD OR SNACKS TODAY!
Start the “liquid” diet. Drink at least two glasses (16 oz. total) of liquids every hour while you are awake.

IT’S OK TO DRINK
Water
Sprite
7-UP
Ginger Ale
Pepsi Cola
Coca Cola
Root Beer
Dr. Pepper
Apple Juice
White Cranberry Juice
White Grape Juice (no red or purple)
Crystal Light Yellow Lemonade
Yellow or Orange Gatorade and/or Powerade
Plain Beef or Chicken Broth
Plain Coffee and Tea (OK with sugar, no creamer)
Yellow or Green Jell-O and/or Popsicles

DO NOT DRINK
Anything red, blue or purple
Alcohol
Milk
Coffee Creamer
Orange or Tomato Juice
Fruit or Vegetable Juice with pulp (little pieces)
Lemonade with particles

Begin drinking NuLYTELY at 5:00 pm.
Drink one six oz. glass of the solution every 10 minutes. Drink one-half of the jug over the next two hours.
Nausea/Vomiting
If you experience nausea while you are drinking NuLYTELY:
• Stop for 10 minutes, take one Benadryl tablet (25 mg over the counter) and then begin again.

If you experience nausea and vomiting while drinking NuLYTELY:
• Stop drinking mix for 30 minutes and then begin again.
• Decrease the rate you drink the solution.
• If vomiting persists, notify the doctor for further bowel prep instructions.

Diarrhea usually begins one to four hours after you start drinking and will continue for at least one hour after you are finished. Continue clear liquids.

On the Day of Your Procedure
DO NOT DRINK OR EAT ANY FOOD UNTIL AFTER YOUR PROCEDURE (INCLUDING CHEWING GUM, HARD CANDY, OR CHEWING TOBACCO)

Take off work the day of your test. You will be sleepy and forgetful after your procedure.

At ________________ begin drinking the other half of NuLYTELY, over the next two hours.
You may continue to drink water, and water only – NO FOOD, until ______________. After this time do not eat or drink anything except sips of water with your medications.

Take one 25 mg Benadryl tablet (25 mg over the counter) if you begin to experience nausea.

If your bowel movement is not light yellow and it is between the hours of 7 am and 5 pm on the day of your procedure, call the endoscopy department where your procedure will take place:

Location
☐ St. Patrick Hospital/Day Surgery     ☐ Community Medical Center/Endoscopy
                                      406-329-5787                        406-327-4021

Check-in date: ____________________  Check-in time: ____________________

Physician:  ☐ Dr. Casey Kolendich      ☐ Dr. Kevin Kolendich      ☐ Dr. Ed Levine      ☐ Dr. Eric Stone
             ☐ Dr. Jeff Willis        ☐ Dr. Matthew Struttmann

• Please bring a list of all medications that you take with the dosage listed.
• Take your prescribed medicines with one sip of water but not food on the morning of your procedure.
• DO NOT eat or drink anything including water for two hours prior to your procedure.

Your driver must check in with you and remain in the hospital. You will be groggy and not able to drive until the next day. If you do not have a driver, your procedure will be cancelled.

When you go home you may not walk or leave by taxi, bus, uber or bicycle. We ask that your ride be available in the hospital, you may ask your nurse about the timing.

Your driver must sign you out.

APPOINTMENTS • PREP QUESTIONS • 406-541-6844