



Intercoastal Gastroenterology Group

Instructions **Preparation for Colonoscopy** **(Using Nulytely Prep Kit or Gavilyte-N)**

If you start any weight loss or diabetes medications such as semaglutide (Ozempic, Wegovy, etc.), tirzepatide (Mounjaro, Zepbound) or similar – please inform us as you may need to hold these prior to the procedure.

Fill your prescription for Nulytely at your pharmacy.

The **Surgery Center** will contact you the day prior with a confirmed arrival time.

5 Days prior to procedure- Please **STOP** Advil, Motrin and Anti-inflammatory drugs, fiber supplements, iron, fish oil, vitamin E, and multivitamins. **Tylenol** is allowed. Also avoid all nuts, seeds in or on foods including popcorn, corn, granola mix, grape nuts, grapes, and raisins.

IF YOU ARE TAKING BLOOD THINNERS OR WEIGHT LOSS MEDICATIONS PLEASE NOTIFY THE GASTROENTEROLOGIST OR NURSE FOR SPECIFIC INSTRUCTIONS. _____

The Day before your procedure you may have a light breakfast before 9 am such as; an egg, toast and coffee or a bowl of cereal, juice. Then a **CLEAR LIQUID DIET only for the rest of the day.**

Hydration is part of your prep! Drink 6 oz. of clear liquids every hour throughout the day before you start your prep.

CLEAR LIQUID DIET Clear liquids include coffee/tea with or without sweetener. (No MILK or MILK products or CREAMERS) You may have water and flavored-waters such as; Gatorade, Kool-Aid, soda, Jell-O, and popsicles. (Without red or purple coloring) Apple juice, white grape juice, iced tea, orange juice and lemonade (Without the pulp) Chicken, beef, or vegetable broth/bouillon. **No Alcohol**

Diabetic medications can be taken in the morning only. If you take insulin, monitor blood sugars and sliding scale; take only half dose of scheduled insulin in the evening. Call your PCP or Endocrinologist if questions arise regarding your insulin.

AT 5pm Mix up the prep by adding tap water to the fill line on the jug. Add a flavor packet. Shake well. (Throw extra packets away) Then drink (1) 8 oz glass of the Nulytely every 20 minutes a total of 8 glasses. Continue to drink plenty of water and clear liquids through the rest of the evening.



PLEASE REMEMBER TO SET YOUR ALARM CLOCK

Morning of procedure

AT _____ pm/am. (8 hours prior to procedure time). Drink (1) 8 oz glass of the Nulytely every 20 minutes until gone. **Nothing by mouth 4 hours to procedure.**

Take all **blood pressure** and/or **cardiac medications** that you may normally take in the morning with a sip of water. (Excluding diuretics) Seizure meds and anxiety meds may also be taken.

You **MAY NOT DRIVE YOURSELF HOME** or **TAKE A TAXI** from procedure. Please make arrangements with a family member or friend. If you have any questions concerning prep or procedure, or need to reschedule, please call 342-8892. _____

YOU ARE RESPONSIBLE FOR CHECKING WITH YOUR INSURANCE COMPANY REGARDING COVERAGE FOR YOUR SURGICAL PROCEDURE. ANY DEDUCTIBLE OR COPAY IS APPLICABLE IS DUE NO LATER THAN 5 BUSINESS DAYS PRIOR TO THE DATE OF SURGERY.

IN ADDITION TO PHYSICIAN FEE, THERE IS THE FACILITY, ANESTHESIA AND POSSIBLE PATHOLOGY FEES.

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|----------------------------|
| Place: _____ |
| Date _____ |
| Time _____ |
| Arrival _____ |
| This is subject to change. |