



# Intercoastal Gastroenterology Group

## 2 DAY **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.  
Pick up (1) 10oz bottle of Magnesium Citrate OTC

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.** \_\_\_\_\_

**2 Days prior to procedure** you may have a light breakfast and light lunch ONLY then a clear liquid diet. At 8:00pm drink the 10oz bottle of magnesium citrate. Continue with clear liquids.

**The Day prior to procedure CLEAR LIQUID DIET ONLY.**

**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.**

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