

Extended Nulytely Instructions

5 Days Before Procedure	• Pick up your prescriptions for Nulytely and Simethicone (Gas-X) at your local pharmacy. Please call our office if your pharmacy does not have the prescriptions. • Please purchase 4 tablets of Dulcolax 5mg over the counter.
3 Days Before Procedure	• Drink 64 ounces of any clear liquid throughout the day today. • Start following the low fiber diet. ◦ Avoid nuts, seeds, corn, popcorn, raw fruits and vegetables containing seeds, whole wheat, multi-grain foods, bran, fiber supplements, and medications that cause constipation (Imodium, Pepto-Bismol, Lomotil) until after your procedure.
2 Days Before Procedure	• You can eat regular meals until 4:00 PM, while continuing to follow the low fiber diet. • In the morning, add tap water to the first bowel preparation container and shake well. Place the bowel preparation in the refrigerator after it is mixed. • Take the 2 Dulcolax tablets with a glass of water at 2PM. • Around 6pm, drink an 8-ounce glass of bowel preparation every 20 minutes until the entire jug is finished. If you get nauseated or feel full, take a break for 30 minutes to an hour and restart the bowel preparation.
1 Day Before Procedure	• Do not eat solid food today. • Drink only a clear liquid diet throughout the day and until bedtime. (Avoid red and purple dyes). ◦ Examples of acceptable clear liquids include water, apple juice, white grape juice, plain coffee or tea, sports drinks, lemon-lime soda, cola, seltzer, orange soda, Jell-O, popsicles, broth. • In the morning, add tap water to the second bowel preparation container and shake well. You may add the flavor packet that comes with the bowel preparation OR add 6 single packets of lemonade Crystal Light. Place the bowel preparation in the refrigerator after it is mixed. • Take the 2 Dulcolax tablets with a glass of water at 2PM. • As early as 4PM, drink an 8-ounce glass of second bowel preparation container every 20 minutes until $\frac{3}{4}$ of the jug is finished. You should have had about 3 liters or twelve 8-ounce glasses. Refrigerate the leftover solution. • The laxative effect can begin within 1-4 hours. Be prepared to be near a bathroom. • If discomfort occurs, pause for 30 minutes to 1 hour and resume after symptoms subside.
Day of Procedure	• Do not eat any solid foods. • 6 hours before your scheduled arrival time: take 2 simethicone (Gas-X) pills and restart the second bowel preparation container drinking an 8-ounce glass

	of bowel preparation every 20 minutes until finished. Finish the entire prep even if your stools were clear the night prior/clear at the start of the prep. • Take the last two simethicone tablets with the last glass of prep. • If discomfort occurs, pause for 30 minutes to 1 hour and resume after symptoms subside. • Stop all liquids including water, gum, mints, and hard candy 2 hours prior to registration. Do not chew tobacco or smoke. • Note: After completing the prep, your stool should be pale yellow or clear.
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Additional Information

Transportation	• It is HSHS and Prevea policy for a reliable family member or friend to provide transportation following your procedure. Driving or using public transportation, including taxis, buses, Uber, or Uber Medical, is not allowed. The use of medical transport is acceptable. If you cannot arrange for a responsible driver, we will unfortunately need to cancel your procedure.
Medications	• Diabetic ○ Please hold SGLT2 medications (Jardiance, Invokana, Farxiga, Steglatro) for 3 days prior. ○ Drink regular liquids the day before your colonoscopy instead of sugar free or diet liquids. ○ Contact your prescribing provider with any questions regarding your oral or injectable medications. • Weight Loss ○ Please hold Phentermine (Lomaira, Adipex-P) for 7 days prior. Contact your prescribing provider to ensure this is safe. • Blood Thinners ○ If you're on any of these medications and haven't received instructions on discontinuation, please contact your prescribing provider. ♣ Coumadin/Warfarin/Jantoven ♣ Xarelto/Rivaroxaban ♣ Lovenox/Enoxaparin ♣ Savaysa/Edoxaban ♣ Pradaxa/Dabigatran ♣ Eliquis/Apixaban ♣ Brilinta/Ticagrelor ♣ Effient/Prasurgel ♣ Plavix/Clopidogrel

	○ <i>You only need to avoid taking baby aspirin on the morning of your procedure.</i>
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If you have any questions, please call your physician at 920-496-4700. There is a nurse available 24 hours to assist.