## **Nulytely Instructions**

<b>5 Days</b> Before	Pick up your prescriptions for Nulytely and Simethicone (Gas-X) at your local
Procedure	pharmacy. Please call our office if your pharmacy does not have the
Fiocedule	prescriptions.
	<ul> <li>Sheboygan Digestive Health: 920-457-4400</li> </ul>
	<ul> <li>Green Bay and Oconto Falls Digestive Health: 920-429-1700</li> </ul>
	If you have insulin-dependent diabetes, have fewer than 3 bowel movements a
	week, or are taking narcotics or weight loss medications, please purchase 2
	tablets of Dulcolax 5mg over the counter.
3 Days Before	Drink 64 ounces of any clear liquid throughout the day today.
Procedure	Start following the low fiber diet.
	<ul> <li>Avoid nuts, seeds, corn, popcorn, raw fruits and vegetables containing</li> </ul>
	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	<ul> <li>Drink another 64 ounces of any clear liquid throughout the day today.</li> </ul>
Procedure	Continue following the low fiber diet.
	Remember, the less you eat now, the easier the prep will be.
1 Day Before	Do not eat solid foods.
Procedure	Drink only a clear liquid diet throughout the day and until bedtime. (Avoid red
	and purple dyes).
	<ul> <li>Examples of acceptable clear liquids include water, apple juice, white</li> </ul>
	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 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.
	If you have insulin-dependent diabetes, have fewer than 3 bowel movements a
	week, or are taking narcotics or weight loss medications take the 2 Dulcolax
	tablets with a glass of water at 2PM.
	As early as 4PM, drink an 8 ounce glass of bowel preparation every 20 minutes
	until ¾ of the jug is finished. You should have had about 3 liters or twelve 8
	ounce glasses. Refrigerate the leftover solution.
	<ul> <li>The laxative effect can begin within 1-4 hours. Be prepared to be near a bathroom.</li> </ul>
	<ul> <li>If discomfort occurs, pause for 30 minutes to 1 hour and resume after symptoms subside.</li> </ul>
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Day of	Do not eat any solid foods.
Procedure	<ul> <li>5 hours before your scheduled procedure time: take 2 simethicone (Gas-X)</li> </ul>
	pills and restart the bowel preparation 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.
	<ul> <li>Take the last two simethicone tablets with the last glass of prep.</li> </ul>
	<ul> <li>If discomfort occurs, pause for 30 minutes to 1 hour and resume after</li> </ul>
	symptoms subside.
	<ul> <li>Stop all liquids including water, gum, mints, and hard candy 2 hours prior to</li> </ul>
	registration. Do not chew tobacco or smoke.
	<ul> <li>Note: After completing the prep, the stool should be pale yellow or clear.</li> </ul>

## **Additional Information**

Procedure Times	<ul> <li>If you are scheduled at HSHS St. Mary's Hospital Medical Center: We'll</li> </ul>
	reach out to you before 12 PM on the day before your procedure to provide
	your arrival time. If you haven't heard from us by then, please call (920) 884-
	3400 before 4pm.
	If you are scheduled at the Prevea Ambulatory Surgery Center, we will
	contact you 5 to 10 days prior to your procedure for a pre-procedure call.
	Additionally, we will reach out to you the day before your procedure to provide
	your designated arrival time. If you have not received a call by 12:00 p.m. the
	day before your procedure, please contact us at (920) 272-3648.
	<ul> <li>If you are scheduled in Sheboygan: If you haven't already received your time,</li> </ul>
	you will receive a call with your time the week of your procedure. <i>If you</i>
	haven't heard from us 3 days before your procedure date, please call 920-
	457-4400.
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
	<ul> <li>Please hold SGLT2 medications (Jadiance, Invokana, Farxiga,</li> </ul>
	Steglatro) for 3 days prior.
	<ul> <li>Drink regular liquids the day before your colonoscopy instead of sugar</li> </ul>
	free or diet liquids.
	<ul> <li>Contact your prescribing provider with any questions regarding your</li> </ul>
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- 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 receive instructions on discontinuation, please reach out to us at (920) 429-1700:
    - Coumadin/Warfarin/Jantoven
    - Xarelto/Rivaroxaban
    - Lovenox/Enoxaparin
    - Savaysa/Edoxaban
    - Pradaxa/Dabigatran
    - Eliquis/Apixaban
    - Brilinta/Ticagrelor
    - Effient/Prasurgel
    - Plavix/Clopidogrel
  - You only need to avoid taking baby aspirin on the morning of your procedure.