



Nulytely – 2 Day prep

____ Days to hold Plavix, (Clopidrogel), Coumadin, (Warfarin) OR Pradaxa, Effient, Eliquis, Xarelto

You need to have your script brought to your local pharmacy to be filled. You should bring at least 1 week

- **You will need a ride home from the endoscopy center**

Our policy requires transportation must be provided by a responsible person after your procedure. They must remain on premises while you have this procedure. The doctor will call with your results and a separate call from a nurse when you are ready for them to come around side of building to pick you up. You will be here about 1 ½ hrs.

Failure to comply may result in cancellation of procedure.

- **No driving or operating machinery** until the day following your procedure.

2 days prior to your procedure - No solid foods from now until after your procedure.

Begin your Full liquid diet. Items allowed on the full liquid diet are different than those allowed for a clear liquid diet.

You can also drink from your clear liquid diet. **Drink at least 8 oz. (1 large glass) of clear liquids every hour until you go to bed.**

Full Liquid Diet

Cooked refined cereal, farina, cream of rice or wheat, strained cereal

- Custard, plain gelatin, sherbet, ice cream, pudding, yogurt – all without nuts, fruit or preserves
- Eggnog, milkshake and other milk beverages
- Butter, margarine and cream

At bedtime, 2 Days prior to your procedure – Take 4 Tablespoons of Milk of Magnesia

The day prior to your procedure

Clear liquids only. **Drink at least 8 oz. (1 large glass) of clear liquids every hour until you go to bed**

. **No solid food until after your procedure.** Examples of approved clear liquids.

CLEAR LIQUID DIET

Liquids ALLOWED - **only in green, yellow, clear or brown**

- Coffee, or tea, regular or decaffeinated (no milk/cream of any kind)
- Water
- Clear Jell-o – green/yellow
- Popsicles/Italian Ice – green/ yellow / white
- White Cranberry, apple and White grape juice*
- Clear broth - chicken/beef/ vegetarian
- Black coffee/tea
- Fruit Juice without pulp – Green/Yellow
- Sugar
- Lemonade/Ice Tea
- Soda – green, yellow, clear or brown
- Gatorade/Powerade – green/yellow/ white
- **NO MILK OR CREAM PRODUCTS OF ANY KIND ARE ALLOWED**

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6:00 pm the day prior to your procedure

Drink ½ of Nulytely solution. Drink an 8 oz cup every 15 minutes until you have drunk ½ of the solution

Day of your procedure

(A)FOR ALL PROCEDURES SCHEDULED 7:30A-12PM

3:00 am the morning of your procedure

Drink the other ½ of the Nulytely solution. Drink an 8 oz cup every 15 minutes until you have drunk all of the remaining solution. Nothing to drink after prep.

(B)FOR ALL PROCEDURES SCHEDULED 12:30P-4:30 PM

6:00 am the morning of your procedure

Drink ½ of Nulytely solution. Drink an 8 oz cup every 15 minutes until you have drunk ½ of the solution. Nothing to drink after prep.

You should take your heart, blood pressure, seizure and breathing medications ONLY with a sip of water after taking prep.

If you drink anything within 4 hours of your procedure you will be rescheduled.

These diet restrictions are for the Gastroenterologist's procedures. If you are on other restrictions such as a diabetic diet, etc., or if there are any foods or fluids on this list that you cannot have, you need to make allowances for that.

Your stool should be light yellow/orange to clear without any solid particles. If it is not, please contact the Endoscopy Nurse at either 843-839-2581 or 843-839-2300. If prep is not adequate small lesions may be missed and your procedure may be cancelled.