

**SEASIDE ENDOSCOPY PAVILION**

34444 King Street Row

Lewes, Delaware 19958

**Phone (302) 644-3852    FAX (302) 644-3854**

**Nulytely/Golytely Split Dose Bowel Prep**

**Colonoscopy Instructions for Dr. Caruso's patients**

**Nulytely/Golytely is a prescription medication that you will need to have filled at your pharmacy.**

The scheduling coordinator should contact you within a week to schedule a date for your procedure. It may be longer if cardiac clearance or other tests are needed prior to scheduling.

**PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY!**

**Failure to follow these instructions may result in cancellation of your procedure.**

**Please note: Diet pills must be stopped 2 weeks prior to your procedure!**

**THE WEEK BEFORE YOUR PROCEDURE:**

We ask that you stop taking the following medications 5 days prior to your procedure:

|                             |                                      |  |
|-----------------------------|--------------------------------------|--|
| <b>Aspirin</b>              | <b>Multi-vitamins</b>                | <b>Coumadin (Warfarin)</b>               |
| <b>Ecotrin</b>              | <b>Fish Oil</b>                      | <b>Celebrex</b>                          |
| <b>Plavix (clopidogrel)</b> | <b>Glucosamine</b>                   | <b>Vioxx</b>                             |
| <b>Ticlid</b>               | <b>Aleve (Naproxen)</b>              | <b>Naprosyn</b>                          |
| <b>Vit E</b>                | <b>Motrin, Advil<br/>(ibuprofen)</b> | <b>Any NSAID<br/>(anti-inflammatory)</b> |

**Pradaxa, Eloquist, and Xarelto may be held for 2 days prior to your procedure**

**Let your primary care physician know that you will be having a colonoscopy and you have been asked to stop these medications five days prior to your exam. Please let us know as soon as possible, if you are unable to stop these medications.**

A nurse will call you 2-3 days prior to your procedure to confirm your appointment time and answer questions. Remember, if you have any questions or do not understand any portion of these instructions, you may also call the endoscopy center @ (302) 644-3852.

### **THE DAY BEFORE YOUR PROCEDURE (THE DAY OF YOUR PREP):**

- You may have a light breakfast before 10AM:  
This may include eggs (boiled or poached), toast, oatmeal or cereal.  
Please avoid meats and fried foods.

**This will be your last solid food until after the procedure.**

**Fill the jug with water to dissolve the prep medication and place in the refrigerator.**

**Please reserve 16 ounces for the morning of your procedure.**

- **From 12 noon to approx. 6 pm:** Drink a glass of prep about every 15-30 minutes as tolerated, taking breaks as needed.
- Continue drinking until it is finished (minus the reserved 16 oz.)
- **During this prep day, it is important to continue to drink clear liquids throughout the day and evening. The prep is very dehydrating.**

### **THE DAY OF YOUR PROCEDURE:**

- 5 HOURS PRIOR TO YOUR ASSIGNED ARRIVAL TIME:**
  - Finish the last 16 oz of the prep within 1 hour.
  - You may take your heart or blood pressure medicine at this time.
  - **AFTER THIS, NOTHING BY MOUTH. Nothing by mouth 4 hours prior to arrival time!**  
Nothing by mouth includes candy, gum and ice chips.
- If you use inhalers, take your usual AM dose and bring them with you.
- If you are diabetic, please check your blood sugar before you leave.
- Please bring insurance card and a picture ID with you.
- Bring the Health Questionnaire (filled out).

You will be sedated during the procedure and must have a responsible adult to be with you after the procedure and to **DRIVE YOU HOME. THEY MUST BE OVER 18 YEARS OF AGE.** You also will **NOT** be able to go to work the day of your procedure.

### **CLEAR LIQUID DIET:**

**Beverages:** Water, soft drinks, sport drinks, fruit juices without pulp (apple juice, white grape juice, lemonade), tea or coffee (no milk or non-dairy creamer)

**Other:** Low sodium chicken or beef broth, hard candy, Jell-O (NO fruit or toppings), popsicles(No sherbets, No fruit bars), hard candy

Please avoid anything with red or purple coloring as these can leave a residue in the bowel resembling blood. Keep this in mind when purchasing Jello-O, popsicles, juice and candy.