



Digestive
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NULYTELY COLONOSCOPY PREP INSTRUCTIONS

Your Colonoscopy is scheduled for: _____
Your procedure is scheduled at the Northwest Michigan Surgery Center; we will call two business days prior to your test with your arrival time.
Please arrive at Munson Medical Center Registration by: _____

COLONOSCOPY

This procedure is a direct examination of the colon through a flexible lighted scope, which is inserted through the rectum. For the examination, you will lie on your left side for the passage of the scope. A lubricating jelly will be placed in the rectum to decrease discomfort. An intravenous catheter will be placed in one of your arms to administer sedative medications. Please advise the nurse if you are allergic to any medications.

The examination should take approximately 30-45 minutes. You should plan to remain in the outpatient treatment area until the medication effects have worn off partially. After the examination there is generally a temporary feeling of fullness in the colon, and air can be expelled through the rectum.

We require that you bring a driver. You should not drive or operate power machinery the day of the colonoscopy, as the medications may affect your judgment.

Listed below are the things you need to do to evacuate your colon prior to the test. Be sure to read the instructions. Obtain a prescription for the prep solution from your doctor.

YOU MAY HAVE CLEAR LIQUIDS UNTIL 4 HOURS PRIOR TO YOUR SCHEDULED TEST.

- STEP 1:** DRINK ONLY CLEAR LIQUIDS THE DAY PRIOR TO YOUR EXAM.
- STEP 2:** In the morning, the day **before** your exam, add lukewarm water to the top of the line on the NULYTELY bottle. Shake to dissolve the powder. Place the bottle in the refrigerator.
- STEP 3:** At **6:00 pm** begin to drink $\frac{1}{2}$ of the Nulytely solution. Drink 1 (8oz) glass every 10 minutes (about 8 glasses). Rapid drinking is preferred and you may drink with a straw. Then you may have all the clear liquids that you wish.



STEP 4: **5 hours prior to leaving home for your procedure;** begin to drink the other ½ of the Nulytely solution. Drink 1 (8oz) glass every 10 minutes (about 8 glasses) until all contents have been consumed. Then you do not consume anything until after your procedure.

*Mild nausea and abdominal fullness are expected with this preparation. If you experience severe nausea or vomiting, stop the preparation for 30 minutes to one hour, and then restart at the same rate as before. The bowel movements should eventually become clearer.

TIPS FOR COLON PREPARATION:

- Chilling the solution makes it taste better, but may make you feel cold. You may want to drink it at room temperature.
- Stay close to the bathroom.
- If you have a hard time drinking a full 8 oz every 10-15 minutes, try drinking 4 oz every 7-8 minutes.
- You may suck on a Brach's lemon drop (hard candy) to help rid the salty aftertaste.
- If your bottom gets sore from too much wiping, try putting Vaseline on the tender areas.

During the prep, it is very important to keep hydrated. Make sure you drink plenty of clear liquids.