

PREPARING FOR YOUR COLONOSCOPY
Colyte/Nulytely
PRINCETON GASTROENTEROLOGY ASSOC. PA.
To Schedule Call # 609-924-1422 Fax # 609-924-7473

From your local pharmacy, you will need to purchase by prescription Colyte/Nulytely
On the day before your colonoscopy:

- Mix the Colyte/Nulytely with one (1) gallon of water

7 DAYS BEFORE YOUR PROCEDURE:

- **Do not take anti-inflammatory medications such as Advil, Aleve, Excedrin, Ibuprofen, Motrin, Nuprin, etc.** unless otherwise directed by your physician.
- You may take Tylenol or acetaminophen if necessary.
- Do **NOT** eat any seeds, nuts or whole grain breads (7 days before your procedure).

On the day before your colonoscopy:

- Drink only clear liquids all day – about one 8 ounce glass every hour.
- Do NOT eat any solid food or dairy products.
- You can have any of the following as long as they are **NOT RED OR PURPLE colored**.
 - Clear juices **without** pulp: apple, white grape, lemonade, white cranberry
 - Water, clear soda (7-Up, Sprite, ginger ale...no cola), Gatorade, Powerade, plain Jello, ice popsicles.
 - Iced or hot coffee or tea (without milk or non-dairy creamer), any type of sweetner is ok.
 - **Clear broth or bouillon (chicken, beef or vegetable) is very helpful.**

At 12:00 PM:

- Drink an 8 oz glass of Colyte/Nulytely every 30-4- minutes until half is finished (about 8 glasses).
- After finishing half of the Colyte/Nulytely, take a 2 (TWO) hour break.
- After the two hour break, continue to finish the rest of the Colyte/Nulytely, drinking an 8 oz glass every 30-40 minutes.

After finishing the Colyte/Nulytely:

- You may continue to drink clear liquids
- No solid foods or dairy products

NOTHING TO EAT OR DRINK AFTER 12:00 MIDNIGHT

****REMAIN CLOSE TO THE BATHROOM AFTER BEGINNING THE PREP****

YOUR PROCEDURE IS SCHEDULED AT:

Princeton Endoscopy Center, LLC, First Floor
Princeton Plaza, 731 Alexander Rd. Princeton
Telephone: 609-452-1111
Parking & Entrance are at the rear of the building

Medical Arts Pavillion, UMCPP
5 Plainsboro Rd. Second Floor
Plainsboro, NJ 08536
Steven & Roxanne Distler Center for
Ambulatory Surgery

ON THE DAY OF THE PROCEDURE:

- Be sure to bring your insurance card and PHOTO ID
- Bring a referral for the facility, if your insurance plan requires one
- Someone **MUST** drive you to and from your appointment as you will be receiving sedation which impairs your ability to drive an automobile. Do **NOT** drive for the entire day.
- You may take a taxi **ONLY if you are accompanied by an escort over the age of 18.** The taxi driver is **NOT** an acceptable escort.
- **NO gum, No mints, No cough drops within 6 hours of your arrival time.**
- Please brush your teeth the morning of the procedure: rinse and spit.

****** Please take ALL of your usual medications INCLUDING blood pressure and heart medication upon awakening with a small sip of water, except for medications you were specifically told to stop. ******

If you are diabetic:

___ Obtain specific insulin instructions for the day of the prep and the day of the procedure from your primary doctor or endocrinologist.

If you take Coumadin or Plavix or Aspirin:

___ You should **not** take Coumadin for ___ days before the procedure unless you are otherwise instructed.

___ You should **not** take Plavix for ___ days before the procedure unless you are otherwise instructed.

___ You should continue to take your aspirin unless otherwise instructed.

___ Day of procedure, take all of your vitamin and supplements **AFTER THE PROCEDURE.**

___ Day of procedure, you can **take** your asthma medication(s) also please bring your asthma medication(s) to the Endoscopy Center/Hospital.

The procedure generally takes about **20 - 40 minutes**, but you should plan on being present for about **1 ½ - 2 hours**.

Nurse's Notes:
