

5340 Gulf Drive, Suite 105

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Gastroenterology  
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New Port Richey, FL 34652

**Two Day Nulytely  
COLON PREP**

**Medications:** If you take Aspirin, Plavix, Coumadin, Lovenox, Vitamin E, Multi-Vitamin, Iron, Herbal Supplements, Ibuprofen, Advil, Celebrex, Naprosyn, Pletal, Relafan, Persantine (Dipyridamole), Aleve, Diet Pills or other blood thinners on a regular basis you will need to **STOP** taking these on \_\_\_\_\_. You may take all your other Regular medications like normal. You may take Tylenol if needed for any reason.

- Diabetics, if you are on insulin/pills please take only ½ your morning dose the day before your procedure and no more until after the procedure. Make sure to have a majority of liquids and popsicles with sugar so that your sugar does not drop because you are not eating solid foods.
- If you have an artificial heart valve please let us know prior to the test and on day of test before procedure begins.

**Obtain from Pharmacy:** (1) Gallon of NuLYTELY (prescription)  
(1) Box of Dulcolax tablets (at least 12 tablets over counter)  
(1) 10 oz Bottle of Citrus of Magnesia (over counter)

**Two Days before Procedure:** \_\_\_\_\_ **Clear liquids all day today.**  
You will be on **clear liquids** today. Below is a list of things that you may have. You can have unlimited quantities of these liquids: **NO JELLO**

**Tea or Coffee (no milk)**  
**Chicken or Beef Bouillon**                      **Water**                      **Soda (any flavor)**                      **Popsicles (no red)**  
**Gatorade (no red)**                                      **Juice (Apple, Grape, Cranberry-all types)**

**3:00pm** Drink bottle of Citrus of Magnesia

**7:00pm** Take (2) Dulcolax tablets.

**\*\*If you are scheduled at the NPR Surgery Center call one business day prior to appt. between 1-5 PM at 727-848-0446.**

**Day Before your Procedure:** \_\_\_\_\_  
**Clear liquids all day today.**

You will be on **clear liquids** today. Below is a list of things that you may have. You can have unlimited quantities of these liquids: **NO JELLO**

**Tea or Coffee (no milk)**  
**Chicken or Beef Bouillon**                      **Water**                      **Soda (any flavor)**                      **Popsicles (no red)**  
**Gatorade (no red)**                                      **Juice (Apple, Grape, Cranberry-all types)**

At **10:00 AM** mix gallon of NuLYTELY according to the directions. You **must start drinking it at 6:00 PM** and finish at **11:00 PM**. Drink an 8 ounce glass every 10-15 minutes until the container is completely empty. Bowel movements will start approximately 1-2 hours after the first glass, but it could take 3-4 hours. You may also have some abdominal cramping and nausea. If a small amount of rectal bleeding is noticed, **DO NOT PANIC!** This is normal.

At **10:00 PM** take 6 Dulcolax tablets.

**Day of your Procedure:** \_\_\_\_\_ **AT:** \_\_\_\_\_

- Do not have anything to eat or drink until after your procedure.
- Take only your heart and blood pressure pills at **6:00 AM** with sip of water.
- Please arrange transportation home.
- If scheduled at the surgery center, please take your copy of Patients Rights and Responsibilities with you.
- If no appointment is given please call your primary doctor for an appointment.
- **In-Office follow-up appointment:** \_\_\_\_\_