



GAVILYTE/NULYTELY:

Reminders:

Purchase the following at least one (1) week prior to procedure:

1. Two (2) Dulcolax tablets OTC
2. 6oz Magnesium Citrate OTC
3. Miralax 270 gm, use 17 gm in 8oz of water daily for ____ days prior to the procedure and stop 2 days ____ before procedure.

Review bowel prep instructions 1 week prior to procedure to avoid last minute confuions.

1 WEEK PRIOR TO PROCEDURE DO NOT CONSUME NUTS, SEEDS, CORN, AND WHOLE GRAINS.

One Day Bowel Prep instructions: Single Dose

A. 24 hours before procedure (ex. If appt is at 9am on Monday, start at 9am on Sunday)

1. Go on Clear Liquid Diet
2. Avoid -Solids, milk or milk products including soy, and red, blue, or purple liquids.

B. Morning of the day BEFORE procedure

1. Empty flavor packet into 4 liter bottle and add a small amount of lukewarm water, enough to dissolve the granules. Mix well.
2. Add cool water to the fill line and shake until granules are dissolved, then refrigerate.

C. Drink whole gallon of solution slowly and is to be completed by 10pm.

1. Take 2 Dulcolax tablets at 10pm.
2. Have nothing to eat or drink after midnight until after the procedure. This includes water.

****Stop drinking all fluids 6 hours prior to scheduled procedure****

Important Considerations

If you're taking Aleve, Ibuprofen, Motrin, iron supplements, fish oil, Celebrex, Naprosyn or Vitamin E, stop taking them 7 days prior to procedure. You may use Tylenol.

If your diabetic(to avoid dangerously low blood sugars) and taking insulin, please inform your physician/prescriber regarding proper adjustment of insullin.

If your taking oral diabetic medications, follow our instructions or the prescriber's instructions

If your unsure about taking any medications, please call our office.

Do not stop blood pressure or heart medications unless told by us or the prescriber.

If you're taking Coumadin, Aspirin, Ticlid, plavix, Eliquis, Prodxaxa, Xarelto, or Brilinta, you may stop these prior to the procedure. Please ask your doctor for instructions regarding these medications.

If your a smoker, it is advised not to smoke at least 6 hours prior to the procedure.

NOTE: Failure to take the Bowel Preperation as indicated may result in a poorly cleansed colon. Please leave all jewelry including belly button rings and tongue rings at home.