



COLONOSCOPY PREPARATION INSTRUCTIONS

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In order for the doctor to carefully examine your bowel, you must cleanse your bowel of stool prior to the colonoscopy. Please fill your prescription for the colon prep two days prior to your procedure. You will be given a 4 liter jug with some powder in the bottom. Add a small amount of warm water to the jug and mix with the powder. Then add cool water up to the fill line on the jug and refrigerate the prep.

5 Days Before Your Procedure:

Begin eating a LOW FIBER diet. Please AVOID high fiber foods-vegetables and fruits with skins or seeds, nuts, corn, popcorn, and whole grains. You may eat dairy products, pasta, white bread, eggs, meats (chicken and fish without skin are best), bananas, applesauce, potatoes without skins, and smooth tomato sauce, dessert foods—cake, pudding, or cookies without nuts.

3 Days Before Your Procedure:

**** If you have a history of chronic constipation, please take 2 doses (a dose is 17 grams diluted in 8 ounces of non-carbonated liquid) of Miralax (or its generic) three days prior to the procedure and then prep as instructed.**

1 Day Before Your Procedure:

- You may have **CLEAR LIQUIDS ONLY**. These consist of water, broth, tea, coffee, apple or white grape juice, Gatorade, jell-o, and popsicles. Please avoid any clear liquids that are red or purple in color. You may not have dairy products or juices with pulp.
- **Single Dose Prep: You will start to drink your prep at 5 pm.** Drink one glass of liquid every 10 to 15 minutes until you have finished drinking all 4 liters of the prep. You may then resume clear liquids, as outlined above **UNTIL MIDNIGHT then nothing by mouth**
- **Split Prep:** Starting at 5 pm, drink 2 liters of laxative. Drink one glass of liquid every 10 to 15 minutes until you have finished drinking 2 liters of the prep. Do not drink any other liquids while you are drinking the prep. On the morning of your colonoscopy, 5 hours before your scheduled arrival time, drink the remaining 2 liters of the prep. It must be completed 3 hours before your scheduled arrival time and then nothing by mouth.

Helpful Hints:

- Rapidly drinking a glassful is better than sipping. A straw may be helpful.
- Sucking on hard peppermint candies periodically may be helpful.
- If you have severe abdominal discomfort or distention (bloating), stop drinking the prep for 30 minutes and then resume. If the discomfort continues, stop drinking until the discomfort is relieved, and then resume drinking the prep.
- ***It is not uncommon to feel cold or chilled while drinking the prep***
- You will have diarrhea, which can be quite sudden. This is normal. Be sure the bathroom is convenient.
- Rarely, people may experience nausea or vomiting with the prep. If this occurs, give yourself a 30-90 minute break, rinse your mouth or brush your teeth, then continue drinking the prep solution.
- It is common to experience abdominal discomfort that may last 2 to 4 hours, and occasionally significantly longer
- Rectal skin irritation may occur and can be treated with a variety of over the counter remedies including hydrocortisone creams, baby wipes, or Tucks pads. Avoid products containing alcohol. If you have a prescription for a hemorrhoid cream, you may use it. Do not use suppositories.

If you are having difficulty drinking the prep, or are vomiting after following the above Helpful Hints, please call the gastroenterologist on call at 781-444-6460. If it is the morning of your procedure and you are still passing formed or liquid brown stool after completing the prep, please call the Endoscopy Center at 781-453-3886 after 7 am and ask to speak to a nurse. Your final returns, after completing the prep, should look like urine or water.