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***FOR COLONOSCOPIES SCHEDULED @ Hunterdon Medical Center Main Hospital***

2100 Wescott Drive, Flemington, NJ 08822, 2<sup>nd</sup> Floor Endoscopy Suite, 908.788.6439

Pre-registration (CALL 1 week prior): 908.788.6167

**Gavilyte/NuLYTELY Bowel Prep Instructions**

**REMINDERS**

***\*Purchase ONLY WHAT IS HIGHLIGHTED AND review these instructions at least ONE week prior to your procedure to avoid any last-minute confusion. Write down your questions. NOT EVERYONE WILL REQUIRE ALL OF THESE MEDS.***

1. TWO (2) Dulcolax tablets. These can be found over-the-counter (OTC), unless included on your prescription.
2. A 6-ounce bottle of Magnesium Citrate OTC
3. ONE, 256-gram bottle of MiraLAX. Use 17 grams (or one scoop) in 8 ounces of water for \_\_\_\_\_ days prior to your procedure. Stop using it 2 days prior to your procedure.

- NO NUTS, SEEDS, CORN, AND WHOLE GRAINS for ONE WEEK PRIOR TO YOUR PROCEDURE.

**Two Day Bowel Prep Instructions:**

**A. 24 hours before your procedure (so if your appt. is 9AM Monday, start at 9AM Sunday):**

1. Go on a CLEAR LIQUID DIET (e.g., Jell-O, clear broth, popsicles, strained juices including apple and white grape)
2. AVOID SOLIDS, MILK or MILK PRODUCTS including soy, almond, oat, and RED, BLUE and PURPLE liquids.

**B. MORNING OF THE DAY BEFORE YOUR 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 the granules are dissolved, then refrigerate.

**C. EVENING OF THE DAY BEFORE YOUR PROCEDURE (First dose at 6pm)**

1. Drink HALF of the container of solution (2 liters). Finish by 8PM.
2. At 8PM, TAKE 2 OTC Dulcolax tablets as instructed.

**D. Midnight BEFORE your procedure:**

1. Have NOTHING to eat or drink until after your procedure. This includes water. The only exception is any medication you've been told to continue, such as blood pressure or cardiac medications, with small sips of water as instructed.

**E. MORNING of your procedure (8 hours before your procedure, e.g., if procedure is scheduled for 2PM, then at 6AM)**

1. Take the second dose of the prep (the remaining 2 liters). Finish taking the prep within 2 hours if tolerated.

**One Day Bowel Prep Instructions: SINGLE DOSE**

- A. Follow instructions A and B above
- B. Drink ALL of the gallon of solution slowly over 4 hours starting at 6PM, to be completed by 10PM.
- C. Take 2 Dulcolax tablets at 10PM.
- D. Have nothing to eat or drink after midnight until after the procedure. This includes water.

**One Day SPLIT PREP Instructions:**

- A. Follow instructions A and B above.
- B. Drink HALF of the gallon of solution slowly over 2 hours starting at 1PM, to be completed by 3PM.
- C. Drink the remaining HALF of the gallon slowly at 8PM, to be completed within 2 hours (by 10PM), if tolerated. You may have clear liquids in between the 2 prep doses.
- D. Take 2 Dulcolax tablets at 10PM.
- E. Have nothing to eat or drink after midnight until after the procedure. This includes water.

**\*\*\*STOP DRINKING ALL FLUIDS 6 HOURS PRIOR TO SCHEDULED APPOINTMENT.**

**Important Considerations**

- If you are taking any NSAIDs, Aleve, Ibuprofen, Motrin, Naproxen, Celebrex, iron supplements, fish oil, or Vitamin E, stop taking them 7 days prior to your procedure. You may take Tylenol. If you are taking Coumadin, Aspirin, Plavix, Ticlid, Eliquis, Pradaxa, Xarelto, or Brilinta, please ask your prescribing doctor for instructions regarding stopping these medications.
- If you are diabetic and taking insulin, to avoid dangerously low blood sugars, please inform your prescribing physician about your upcoming procedure, and discuss any necessary insulin dosage adjustments with them.
- If you are taking oral diabetic medications, follow our instructions or your prescriber's instructions.
- If you are 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 have asthma and use inhalers, please inform your prescriber of your upcoming procedure. You may need to maximize inhaler use prior to your procedure to minimize potential complications with anesthesia.
- If you are a smoker, do NOT smoke for at least 6 hours prior to your procedure. NO MARIJUANA the day of your procedure!

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