

Harbour View Office
5839 Harbour View Blvd
Suite 200

Harbour View Outpatient
5818 Harbour View Blvd
One Story Bldg, Suite B-1

Lakeview Medical Center
2000 Meade Parkway
ASC Window

Maryview Medical Center
3636 High Street
Patient Registration 1st Floor

Gastrointestinal & Liver Specialists of Tidewater, PLLC
Nulytely Split Dose Prep for Colonoscopy

Bowel prep prescription sent to your pharmacy on file:

- Nulytely bowel prep kit along with Ondansetron for possible nausea-call the office immediately if meds are not at the pharmacy.

If you are on a blood thinner, we must obtain clearance from your prescribing doctor to stop the medication. Our office will contact you with the response from his/her office. **DO NOT STOP it by yourself.** You may continue taking Aspirin or NSAIDS if you need.

Diabetic Instructions: _____

Do you have a pacemaker or defibrillator? Y/N

Are you currently on Dialysis Y/N

5 DAYS BEFORE THE PROCEDURE: Stop all iron tablets or iron containing products, including multivitamins.

2 DAYS BEFORE THE PROCEDURE: FOLLOW LOW RESIDUE DIET – SEE BACK OF THIS SHEET

1 DAY BEFORE THE PROCEDURE: NO SOLID FOODS ALLOWED

- The ENTIRE day before your procedure, _____ follow a clear liquid diet all day, including breakfast, lunch, and dinner.
- Examples of acceptable clear liquids are: Broth or bouillon, Popsicles (no red), Clear fruit juices (no pulp) Gatorade (no red), Plain Jell-O (no red), carbonated beverages, black Tea/Coffee, Ensure Clear (Apple flavor only).
- Take at least 8 x 8 Oz. of water spread throughout the day.
- In the morning, open the powder packet, pour into bottle add lukewarm water to the top line on bottle. Cap the bottle and shake to dissolve all the powder. The mixed solution will be clear and colorless. Do not add anything else other than the flavor packet that comes with it, and then place in the refrigerator to keep cold
- At 6:00PM the evening prior to your procedure, you will start drinking two liters of the solution (½ bottle) before bed. Then place the rest of the bottle in refrigerator to keep cold. Continue on clear liquids until bed. You may use the nausea medicine if you like. Drinking through a straw may also help.

ON THE DAY OF THE PROCEDURE:

- At _____ (6 hours prior) to your scheduled procedure time, you must drink the remainder two liters (½ bottle) of solution. You must finish this within two hours.
- You can drink clear liquids mentioned above till 4 hours prior to the procedure.
- Take any blood pressure, heart, and seizure medication with a sip of water.
- **4 HOURS BEFORE YOUR PROCEDURE _____: NOTHING CAN BE CONSUMED FROM THIS POINT FORWARD.** Failure to comply may result in delay or cancellation of your procedure.
- **DO NOT HAVE GUM OR HARD CANDY. NO SMOKING THE DAY OF THE PROCEDURE.**

Report to: _____

Date: _____ Arrival time: _____ Procedure time: _____

You are required to have a responsible adult accompany you to your procedure, stay in the building during your procedure, and take responsibility for you after your procedure.

You should not drive before and may NOT drive after your procedure.

You should not drive, operate any type of machinery, or do any heavy lifting until the day after your procedure.

Please understand that our office, as well as the hospitals, are unable to accept responsibility for your valuables; we ask that you please leave all valuables at home or with your responsible adult during your procedure.

If your colonoscopy has been scheduled as a screening, meaning you have no symptoms with your bowels*, and your doctor finds a polyp or tissue that needs to be removed during the procedure, this colonoscopy is no longer considered a screening procedure; it is considered a surgical procedure, and your insurance benefits may change. Please check with your insurance company prior to starting the bowel preparation. (*Symptoms, such as change in bowel habits, diarrhea, constipation, bleeding, anemia, etc.)

Patient Signature _____ Date _____

Patient Name (print) _____ Account _____ M.A. Initials _____

Please call 757-483-6100 if you experience problems or have concerns. Our physicians are available 24 hours a day for emergencies.