

Dulcolax / NuLyteLy Preparation for Colonoscopy

Important – Please Read two weeks prior to the procedure

What is a colonoscopy?

A colonoscopy is an outpatient procedure in which the inside of the large intestine (colon and rectum) are examined.

A colonoscopy is commonly used to evaluate gastrointestinal symptoms, such as rectal and intestinal bleeding, abdominal pain or changes in bowel habits. Colonoscopies are also performed in individuals without symptoms to check for colorectal polyps and cancer.

What happens during a colonoscopy?

During a colonoscopy, a physician uses a colonoscope (a long, flexible instrument about 1/2 inch in diameter) to view the lining of the colon. The colonoscope is inserted into the rectum and advanced through the large intestine.

If necessary during a colonoscopy, biopsies can be performed and polyps can be identified and entirely removed. In many cases, a colonoscopy allows accurate diagnosis and treatment of colorectal problems without the need for a major operation.

Are there any possible complications?

The possible complications of a colonoscopy include perforation (rupture) of colon, bleeding, side effects of sedation, and the potential of missing significant tumors.

One Week Before the Procedure:

- Tell your physician if you are allergic to latex
- Tell your physician if you have an artificial heart valve
- Do NOT take diabetes pills the day of the procedure. If you use insulin, you may need to have your insulin adjusted the day before and the day of the procedure. Your primary physician should be contacted to help you with this adjustment.
- **Blood thinning medications such as Coumadin (warfarin), Plavix (clopidogrel), and aspirin should not be taken 5-7 days prior to the procedure.** YOU MUST check with your primary doctor to make sure these can be safely stopped..
- It is important to take all other medications prescribed by your physician with a sip of water the day of the procedure.
- **Purchase these 3 items:**
 - One bottle of prescription NuLyteLy or TriLyte
 - 4 - Dulcolax (bisacodyl) 5mg tablets (small box)
 - Plenty of clear liquids
- Please call as soon as possible if you cannot keep your appointment.

How to be Pre-admitted

Call the admitting office if they have not called by the day before the procedure. Have your insurance cards when you call.

768-8280 / 768-8030

Bowel Preparation

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The Day Before the Procedure:

You may eat a normal breakfast before 9am. Then start a clear liquid diet for the rest of the day.

Clear liquids include:

- Water
- Fruit juices, such as apple or white grape juice
- Broth
- Coffee or tea (without milk or creamer)
- Gatorade or other sports drinks
- Carbonated beverages such as ginger ale, Mountain Dew or lemon lime soda
- Kool-Aid or other flavored drinks
- Jell-O
- Popsicles

Note: Avoid red or purple-colored drinks and red or purple Jell-O.

At **7 am**, mix NulyteLy with 4 liters of water and place in refrigerator to chill.

At **12 pm (noon)**, take 4 Dulcolax (bisacodyl) tablets with an 8 oz glass of water.

At **6 pm**, drink at least 1 liter (approx. 5 - 8oz glasses) of NuLyteLy (or TriLyte) You may continue to drink clear liquids until bedtime.

Day of Procedure:

At **4 am (or at least 3 hours before your procedure)** drink at least 1 more liter (5-8oz glasses) of NuLyteLy (or TriLyte).

Do not eat or drink!

Arrive at ECM Endoscopy **1 HOUR BEFORE** your scheduled procedure time.

- Wear loose, comfortable clothing – NO JEWELRY
- You **MUST** have a driver with you that does not leave. Please limit visitors to 2 per patient.
- Bring all of your medications, insurance cards, and a list of your allergies with you
- **Someone must stay with you 12-24 hours after the test**
- Parking for endoscopy patients is located next to the unit

Physician: _____

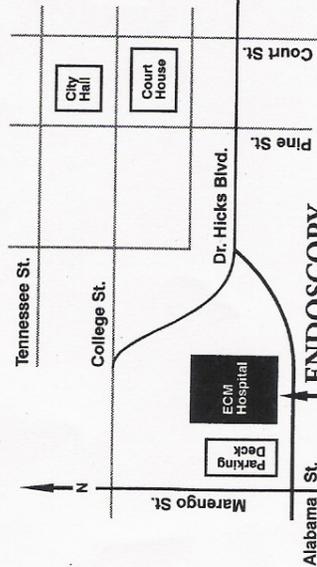
Date: _____

Arrival time: _____

Appointment time: _____

Florence Boulevard / Highway 72

To Athens / Huntsville



DETAILS:

Please drop off patients at the Alabama Street entrance, and circle back to park in Outpatient Parking Lot #1, up the hill to the east of the hospital.

