

Fill your prescription for NuLyteLy[®] at your local pharmacy. Please call our office 612-871-1145 if you did not receive a prescription.

PREPARATION FOR COLONOSCOPY - For your safety, STOP consuming all liquids and nothing by mouth 3 hours prior to your procedure or your procedure will be cancelled and rescheduled. Please follow detailed instructions below.

Cancel or reschedule your appointment:

If you must cancel or reschedule your appointment, please call 612-871-1145 as soon as possible.

Transportation:

You must arrange for a responsible person to escort you to your procedure and stay at our facility for the duration of your procedure. A taxi ride is not an option unless you are accompanied by a responsible person. If you fail to arrange transportation with a responsible person that can stay for the duration of your procedure, your procedure will be cancelled and rescheduled.

7 days before:

- Discontinue fiber supplements and medications containing iron. This includes multivitamins with iron, Metamucil[®] and Fibercon[®].
- Confirm a driver for your procedure.

3 days before:

- Begin a Low-Fiber Diet. A low fiber diet helps make the cleanout more effective.
 - Examples of a low fiber diet include (but are not limited to): white bread, white rice, pasta, crackers, fish, chicken, eggs, ground beef, creamy peanut butter, cooked/boiled vegetables, canned fruit, bananas, melons, milk, plain yogurt, cheese, salad dressing and other condiments.
 - The following are not allowed on a low fiber diet: seeds, nuts, popcorn, bran, whole wheat, corn, quinoa, raw fruits and vegetables, berries and dried fruit, beans and lentils.

For additional details on following a low fiber diet, please see www.mngi.com/lowfiber

2 days before:

- Stop eating solid foods in the morning.
- Begin Clear Liquid Diet (clear liquids include things you can see through).
 - Examples of a clear liquid diet include: water, black coffee or tea (no milk or non-dairy creamer), clear broth or bouillon, Gatorade, Pedialyte or Powerade, carbonated and

non-carbonated soft drinks (Sprite, 7-Up, Gingerale), strained fruit juices without pulp (apple, white grape, white cranberry), Jell-O and popsicles.

- The following are not allowed on a clear liquid diet: red liquids, alcoholic beverages, dairy products, protein shakes, cream broths, juice with pulp and chewing tobacco.

- At 6pm: Drink 1 (one) 8 oz. glass of NuLytely® solution every 15 minutes until half the bottle (approximately 8 - 8 oz. glasses) is gone. Keep the solution refrigerated. Do not drink any other liquids while you are drinking the NuLytely solution.
- Over the course of the evening, drink an additional ½ liter of clear liquids and continue clear liquid diet.

1 day before:

- Continue Clear Liquid Diet.
- At 9:00am: Drink 1 (one) 8 oz. glass of NuLytely® solution every 15 minutes until the remaining solution (approximately 8- 8 oz glasses) is gone. Keep the solution refrigerated.
- Continue Clear Liquid Diet.
- At 6pm: Drink 1 (one) 8 oz. glass of NuLytely® solution every 15 minutes until half the bottle (approximately 8 - 8 oz. glasses) is gone. Keep the solution refrigerated. Do not drink any other liquids while you are drinking the NuLytely solution.

Over the course of the evening, drink an additional ½ liter of clear liquids and continue clear liquid diet.

Colon Cleansing Tips: Drink adequate amounts of fluid before and after your colon cleansing to prevent dehydration. Stay near a toilet because you will have diarrhea. Even if you are sitting on the toilet, continue to drink the cleansing solution every 15 minutes. If you feel nauseous or vomit, rinse your mouth with water, take a 15 to 30-minute break and then continue drinking the solution. You will be uncomfortable until the stool has flushed from your colon (in about 2-4 hours). You may feel chilled.

Day of your procedure:

You may take all of your morning medications including blood pressure medications, blood thinners (if you have not been instructed to stop these by our office), methadone, anti-seizure medications with sips of water 3 hours prior to your procedure or earlier. If you have diabetes, contact your monitoring provider for further direction on insulin and/or blood sugar management.

- Continue the Clear Liquid Diet up to 3 hours prior to your procedure, then stop drinking. Avoid red liquids, dairy products, protein shakes, alcoholic beverages, chewing tobacco and illicit drugs. Use of these will result in your procedure being cancelled.
- 6 hours prior: Drink 1 (one) 8 oz. glass of NuLytely® solution every 15 minutes until the remaining solution (approximately 8- 8 oz glasses) is gone. Keep the solution refrigerated.

3 hours prior:

- STOP consuming all solids and liquids.
- Do not take anything by mouth during this time.
- Allow extra time to travel to your procedure as you may need to stop and use a restroom along the way.

You are ready for the procedure if you followed all instructions and your stool is no longer formed, but clear or yellow liquid. If you are unsure whether your colon is clean, please call our office at 612-871-1145 before you leave for your appointment.