

PATIENT'S NAME: \_\_\_\_\_

DATE: \_\_\_\_\_ TENTATIVE ARRIVAL TIME: \_\_\_\_\_ *This date is firm, however the time is subject to change.*  
The facility will contact you the day before your procedure for the exact arrival time.

## Required Preparation for Your Colonoscopy-EXTRA -AM

Nulytely/Trilyte/Colyte--AM Prep and AM Half Prep

### Start Planning **FIVE DAYS BEFORE** Your Scheduled Colonoscopy:

If you have diabetes or take blood thinners (Coumadin, Plavix, Ticlid, Aspirin, etc.) and did not tell the doctor, inform the doctor immediately. Generally you should stop medications, or vitamins containing Iron, Vitamin E, Fish Oil, Garlic Tablets, Ginko Biloba, ginseng or Aspirin-like products (Advil, Motrin, Aleve, Nuprin, Alka-Seltzer, Naprosyn, etc.) for 5 days prior to the procedure. However, you will be specifically instructed about withholding Aspirin, Plavix and Coumadin according to your medical situation.

YOU MAY TAKE TYLENOL AS NEEDED FOR A HEADACHE OR PAIN. TAKE YOUR REGULAR MEDICATION APPROVED BY YOUR DOCTOR WITH A SIP OF WATER.

### **Two Days Before the Colonoscopy:**

Do not eat any fruits, nuts, vegetables, salads, seeds, berries or whole grains. *This is essential in order to successfully clear your colon for the procedure.*

### **Two Days Before the Colonoscopy:**

Take 2 Dulcolax tablets (purchase over the counter) at bedtime with 8 oz of water.

### **ONE DAY BEFORE PROCEDURE:**

1. Mix *liquid with water* early in the day. Shake the container well and put in it the refrigerator.
2. Have liquids all day. Clear liquids include juice (apple or white grape), soft drinks, jello, broth and tea.  
**AVOID MILK AND SOUPS,**
3. **NOTHING RED OR ORANGE IN COLOR.**
4. At noon take (2) DULCOLAX tablets (purchased over the counter) with 8 oz of water, soda or juice.
5. At 4pm and 5pm drink 8 oz of water.
6. At 6:30pm start NULYTELY/TRILYTE/COLYTE. Drink 1/3 cup every 5 minutes. **Finish drinking by 10pm.**
7. You may not have a BM until you are more then half way done. If you have taken most of the medication with no BM or develop pain you may use a fleet enema to induce a BM.
8. At 10pm or when you are finished with the NULYTELY/TRILYTE/COLYTE, take (2) DULCOLAX tablets.
9. You may have small amounts of clear liquids until midnight.

### **DAY OF PROCEDURE:**

1. **TAKE YOUR HEART MEDICATIONS OR BLOOD PRESSURE MEDICATIONS – WITH A SIP OF WATER AT LEAST FOUR (4) HOURS PRIOR TO YOUR PROCEDURE.**
2. **DO NOT EAT OR DRINK ANYTHING** EXCEPT FOR YOUR MEDICATIONS APPROVED BY YOUR DOCTOR THE MORNING OF YOUR PROCEDURE WITH A SIP OF WATER.

**\*\*\*PREPARATION MUST BE COMPLETED 4 HOURS PRIOR TO YOUR PROCEDURE TIME\*\*\***

### **Please report to the following location:**

- Advanced Endoscopy and Surgical Center: 142 Rte 35, Eatontown, NJ  
 Monmouth Medical Center: 300 Second Avenue, Long Branch, NJ- **outpatient registration**  
 Jersey Shore University Medical Center: 1945 Rte 33, Neptune, NJ- **outpatient registraton**

**\* You must have a responsible adult to accompany you home.  
Driving yourself, taking a bus or walking is NOT PERMITTED.**

UPDATED 8-10-11