

NuLytely Constipation PM - Colonoscopy/EGD with Bravo Preparation Instructions

Appointment Date: **Check In Time:** **Procedure Performed by:**

Please review the Bravo instruction video: <https://salemgastro.com/videos/>

Let your doctor or staff know if you have an allergy or sensitivity to nickel.

Stop _____ on _____ (per provider instruction)

You should also not use Zantac (Famotidine), Pepcid (Famotidine), or Tagament (Cimetidine) 48 hours before study.

It is IMPORTANT to follow these instructions regarding your acid-blocking medications or we will not get accurate results.

You will need:

- **NuLytely** (Gavilyte) prep. This was sent to your pharmacy at the time you scheduled your procedure. *Please contact our office if the prescription is not covered or has a high cost*
- Please follow these instructions and not what is included with your prep kit.
- **Magnesium Citrate** - One 10oz. bottle (No Red). This is available over the counter in the laxative section.
- **Gas-X Extra Strength tablets/capsules/chewable** (Ok if tablets are pink) or generic equivalent (simethicone 125mg). Purchase over-the-counter. You will need 8 of these.

Special Medication and Diabetic Directions: See separate instructions.

If you have an MRI within the next 30 days of this test please inform the radiology technician so they can make sure the probe completely passed from your body. This probe does contain a small amount of metal.

One week before

Stop taking iron pills, vitamins or herbal supplements in the pill form.

Take your usual prescription medication during prep unless told not to. Aspirin, Ibuprofen and Tylenol are OK if needed.

Avoid foods with seeds (flax seeds, popcorn, nuts and berries). They clog the colonoscope.

Two days before

Stop taking fiber supplements: Metamucil, Citrucel, etc.

When you awake, begin Clear Liquid Diet. No Solid Food. You may have: water, coffee, tea, (No milk or creamers) clear fruit juices without pulp or cloudiness, soda pop, Gatorade, chicken bouillon or clear broth, popsicles, and JELL-O.

Avoid the color **red** in all liquids. Avoid alcohol.

5:00 pm: Drink the 10 oz. bottle of Magnesium Citrate (No Red) followed by a full glass of water.

One Day before your colonoscopy

Continue Clear Liquid Diet. No Solid Food.

Stay extremely close to your restroom from this point on.

Add flavor packet to the NuLytely container, and empty it into the container. Fill with lukewarm water to the fill line and put in the refrigerator to chill.

4:00 pm: Drink half of the NuLytely over 2 to 3 hours (one glass every 10 to 15 minutes). You may use a straw.

Take 4 GasX pills.

Nausea and fullness is common until the laxative starts to work. If you vomit during the prep wait 30 minutes, try again and go slower.

Day of your colonoscopy - Continue Clear Liquid Diet. No Solid Food.

Take your regular morning medications at least 2 hrs before your check in time.

6:00 am: Drink the remaining half of the NuLytely over 2 to 3 hours. You must finish drinking entire gallon at least 4 hours before you leave for your appointment.

Take 4 GasX pills.

No chewing tobacco for 6 hours prior to procedure.

DO NOT put ANYTHING in your mouth the 2 hours before your procedure.

This includes but is not limited to: bowel prep, medication, hard candy, and chewing gum.

No Food. No Drink. 2 hours.

Take **ESSENTIAL** medications (blood pressure, heart and seizure medications for example) **at least 2 hours before your exam.**

You also need to arrange for an **adult driver** that is able to walk on their own, help you in and out of a car, drive you home and remain with you for 6 hours.

If these instructions have not been followed your appointment may be delayed or cancelled.

Follow up: Please come to your follow up appointment with the clinic nursing staff and bring the receiver and your journal.

Return the receiver and journal on _____.

Please be extremely careful with this equipment and if you have any problems call our office.

If it is after hours we have an on call doctor that can help you.

Any questions please call 503-399-7520 press option 2 for scheduling.

If you received these instructions by email, you will also receive an attachment with additional. important information.