



Mountain West Gastroenterology

Colonoscopy Prep Instructions – Nulytely

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7 DAYS PRIOR TO YOUR EXAM: Stop taking **Aspirin, Ginkgo Biloba** or **Plavix**. Tylenol is okay to take. If you have a heart condition, had a recent heart attack or cardiac stent placement, then you should discuss this with your Cardiologist or Primary Care Physician prior to stopping any anti-clotting agents. If you are taking blood thinners such as Coumadin, then you should discuss with your Cardiologist or Primary Care Physician how to manage your blood thinners, and, **IF** you should stop it before your procedure. However, if you have had a mechanical heart valve, history of a deep clot in your leg, or a pulmonary embolism, then you may need Lovenox or Heparin up to the day of your procedure. If you have diabetes, please follow our attached guidelines. **STOP** eating high fiber foods, fiber supplements and discontinue any **iron** supplements 5 days prior to your examination.

3 DAYS PRIOR TO YOUR EXAM:

Stop taking all anti-inflammatory medicines such as Ibuprofen, Advil, Naproxen, or Aleve. You can take Tylenol for pain.

You will be given a prescription for 1 gallon of Nulytely Oral Solution.

DAY BEFORE YOUR PROCEDURE:

Drink ONLY “clear liquids” for Breakfast, Lunch and Dinner. This means liquids that you can see through such as Apple juice, water, Sprite, Jell-O, coffee, (no creamer), tea, and chicken or beef broth. ***NO milk or pulp products; do not drink anything with red, purple or orange dyes. Keep yourself hydrated.**

At 6:00 p.m. begin drinking Nulytely solution. You will need to drink the entire gallon in 2 to 3 hours. You can take sips of water or clear liquids between glasses of Nulytely. (The instructions for preparing the solution are on the bottle.) Drink at least 24 ounces of liquids before going to bed. You may drink liquids throughout the night and up to 3 hours prior to your scheduled arrival time. Stop drinking 3 hours before your scheduled arrival time. Your stool should be clear, yellow or green before your procedure. You may have your **regularly prescribed medications** with a small sip of water the morning of your exam with the exception of the medications noted above.

You may apply zinc oxide, Vaseline or Aloe Wipes to the anal area to prevent irritation.

Colonoscopy Flex Sig EGD/Colon EGD/Flex Sig

YOUR PROCEDURE IS SCHEDULED AT THE FOLLOWING TIME AND PLACE:

- Mountain West Endoscopy Center, 6360 South 3000 East, Ste 320, SLC, UT. 801-944-3166**
If not contacted by the day before your procedure, call 801-944-3166 to pre-register.
- Intermountain Medical Center, 5121 South Cottonwood Drive, Murray, UT. 801-507-3262**
Check in at the Eccles Outpatient Building, Level 2. Free Valet Parking Available.
Call the day before your procedure to pre-register, 801-314-4395
- Davis Hospital & Medical Center, 1600 Antelope Drive, Layton, UT. 801-807-7034**
Use the ER Entrance
- Lakeview Hospital, 630 E Medical Dr, Bountiful, UT. 801-299-4657**
South Entrance, Same Day Surgery Registration.
- Lakeview Endoscopy Center, 620 E Medical Dr, Suite 200, Bountiful, UT. 801-299-6760**
Call the day before your procedure to pre-register
- LDS Hospital, 8th Avenue & C Street, SLC, UT. ~Dr. Batista Only~ 801-408-1057**
Entrance West Wing of Hospital. Call the day before your procedure to pre-register, 801-314-4395. Free Valet Parking Available.
- Riverton Hospital, 3741 West 12600 South, Riverton, UT. 801-285-2775**
Main entrance (Northeast corner) sign in at kiosk, take a pager and admitting will come get you from the waiting area.

Please bring someone with you to drive you home, as you will be sedated for the exam. You may not drive for 12 hours. The doctor will talk to you after the exam and will give you recommendations for diet, medication, follow up care, etc. Wear comfortable clothing; bring your glasses, hearing aids, insurance card(s) and completed information form. We will expect payment of co-pays, coinsurance and deductibles at the time of service. If your insurance requires a referral, you should contact your primary care physician to arrange for us to receive the referral prior to the procedure. Additional information can be found at our website www.mwgi.com.

You may receive THREE separate bills for this procedure: 1-Physician, 2-Facility, 3-Pathology
Questions – Call _____ MAP ON REVERSE SIDE