

Preparing for your Colonoscopy

Nulytely

Test Date _____
Test Arrival Time _____
Test Location _____

Dr Bradley P. Mackler
924 Middleford Road
Seaford, DE 19973
302-629-2229

Dr. Mackler
After Hours call 629-6611
Ask for Dr. Mackler to be
paged

You are scheduled for a colonoscopy to examine the inside of your large intestine. In order to achieve the maximum benefit of this examination, your intestine must be thoroughly cleansed of all stool. It is possible that your test will have to be repeated or rescheduled if the bowel is not thoroughly cleansed. Please follow all of these instructions carefully and call if you have any questions about your medications, diet or bowel preparation.

Important Medication Instructions

Please read your **Instructions on the bottom of the Patient Clinical Summary** you were given at the office. It is very important to follow the medication instructions. Medications such as blood thinners, diabetic medication, vitamins, iron, herbal supplements, aspirin and non-steroidal anti-inflammatory drugs (like Advil and Aleve) can limit or cause complications during your Colonoscopy. Do not stop medications the day of your prep unless you were told to do so. The day of the Colonoscopy, take only the medications Dr. Mackler told you to take. If you have any questions, please contact Dr. Mackler at the number(s) above.

Take your Bowel Preparation the day before your Colonoscopy

The Night before your Prep: Add cold water to the fill line on the container (4 liters) and mix well. Store the Nulytely container in the refrigerator overnight. (This step is optional to chill the solution) Also purchase a variety of items from the Clear Liquid Diet list you were given.

The Morning of your Prep: _____ Have a clear liquid breakfast. Do Not Eat any solid foods the day of the prep. Drink and eat ONLY items that are on the Clear Liquid Diet list.

Begin the Preparation at Noon: Drink one 8 ounce glass of Nulytely every 15 minutes until the entire container is empty (4 liters). It is better to drink each glass rapidly rather than drinking small amounts continuously. The first bowel movement should occur as diarrhea approximately one hour after the start of the Nulytely.



When you have finished the prep, your bowel movements should be as thin as water with no solids. They may be the color of whatever clear liquid you have been drinking. You may see a very small amount of mucus floating or sand-like sediment in the toilet. **If you are unable to complete the prep and/or your bowel movements are still solid or thick like a milkshake by the end of the prep, please contact Dr. Mackler at the number(s) above.**

Continue the Clear Liquid Diet for the rest of the afternoon and until bedtime. At Midnight the night before your Colonoscopy, stop all clear liquids unless otherwise instructed.

The Morning of your Colonoscopy: Do not eat or drink anything. If you were instructed to take medications the morning of your Colonoscopy, take them with only a sip of water 2 hours or more before your appointment. Do not chew gum or suck on candy. Please try to refrain from smoking.