

ALAA ABOUSAIF MD - GASTROENTEROLOGY
1010 W La Veta, Suite 570, Orange, CA 92868 ph: 714-835-7700

PROCEDURE LOCATION:
SJH OUTPATIENT PAVILION
1140 W LA VETA
ENDOSCOPY CENTER 2ND FLOOR
ORANGE 714-744-8709

PROCEDURE LOCATION:
O.C. REGIONAL SURGERY CENTER
302 W. LA VETA AVE
SUITE 100
ORANGE 714-516-2600

PROCEDURE LOCATION:
IRVINE ENDOSCOPY
15825 LAGUNA CANYON RD
SUITE 100
IRVINE 949-679-9700

PREPARATION FOR COLONOSCOPY: NULYTELY

PROCEDURE DATE: _____ TIME OF ARRIVAL: _____

Stop taking aspirin-containing medicines, blood thinners, ibuprofen, Aleve, Advil, Motrin for **ONE WEEK PRIOR** to your procedure. **TYLENOL IS OK TO TAKE**

YOU NEED TO BUY THE FOLLOWING AT ANY PHARMACY WITH YOUR PRESCRIPTION:
Nulytely and 1 box of Gas tablets (Gas-X or Mylanta Gas)

DAY PRIOR TO PROCEDURE:

Begin a clear liquid diet from the moment you wake up in the morning
Prepare NuLytely solution according to the directions and refrigerate
Drink an extra 8oz of clear liquid every hour from 11am to 5pm (Gatorade preferred)
At 6pm stay home and drink 8 ozs every 10min until $\frac{1}{2}$ of the solution is consumed.
Place remainder of solution into the refrigerator
9pm take 2 gas tablets with 8oz clear liquid
10pm take 2 gas tablets with 8oz clear liquid

PLEASE NOTE:

You will have consumed several glassfuls before having your first loose water bowel movement.
You may feel initially bloated, but will become more comfortable as you continue to have bowel movements. If you feel nauseous, you may slow the rate of ingestion. Continue drinking clear fluids until bedtime/midnight

DO NOT TAKE ANYTHING BY MOUTH AFTER MIDNIGHT

Except the morning dose of the prep: Beginning 5 hours before your scheduled procedure time drink the remaining of the NuLytely solution: 8oz every 10 minutes until solution is gone.

DO TAKE your regular medicines like blood pressure medicines and/or heart medicines the morning of procedure with a sip of water.
All other medications hold until after procedure.

HAVE NOTHING TO EAT OR DRINK FOR 3 HOURS BEFORE YOUR PROCEDURE

IMPORTANT NOTES

You **CANNOT** drive after the procedure. A friend or relative can stay with you or come back to pick you up. You will be at the facility about 3 hours