



NEW JERSEY DIGESTIVE DISEASE ASSOCIATES

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Last name	First name	Date	Time
Location:	METUCHEN OFFICE	FLORHAM PARK OFFICE	Please follow the final instruction from office if there is adjustment of time

At initial clinic visit

For patients who have following medical conditions, please discuss with your doctor at clinic visit prior to colonoscopy and follow doctor's instructions:

- High blood pressure:** please continue blood pressure medications as your routine schedule with sip of water on colonoscopy day
- Diabetes:** reduce 1/2 dose of diabetic medication one day before colonoscopy.
- Blood thinners:** Stop blood thinning medications prior to colonoscopy: such as coumadin, plavix, xarelto. Please discuss with your doctor
- Oral iron supplement:** stop iron supplement 4 days prior to colonoscopy
- Other conditions:**

Days before colonoscopy

Get the bowel preparation medication from pharmacy: NULYTELY

PREPARATION for COLONOSCOPY (NULYTELY)

One day before colonoscopy

You may have breakfast. You can **ONLY** have **CLEAR LIQUID** afterwards till 2 hours before your colonoscopy.

✓ Any of the following CLEAR LIQUID are OK						✗ Do Not drink
						<ul style="list-style-type: none"> Milk Anything with red or purple color Beverages with alcohol
Water	Juice without pulp	Limeade or Lemonade	Coffee or tea, No dairy or creamer	Chicken broth	Gelatin without added fruit or toppings	

On the evening before colonoscopy

At 7pm complete steps 1 -3 as following:

- 1** NULYTELY can be used with or without one of the flavor packs that comes with the bottle. If adding flavor, tear open flavor pack and pour contents into the bottle BEFORE reconstitution.
- 2** Add lukewarm drinking water to top line on bottle, which makes the total volume of 4000 ml. Cap the bottle and shake to dissolve the powder. When reconstituted, keep solution refrigerated. The reconstituted solution should be used within 48 hours. Discard unused portion.
- 3** Drink 1 (8 oz) glass every 10 -15 minutes until you finish **HALF** of the solution (2000ml). The first bowel movement may begin approximately 1 hour after the start of NULYTELY administration.

On the morning of colonoscopy

At Repeat steps 1 -3 to finish the rest **HALF** (2000ml) of NULYTELY

Note: You must finish drinking the final glass of liquid at least 2 hours before your colonoscopy. DO NOT operate a vehicle after colonoscopy. Please make sure to have someone to take you home when you are fully recovered.

ON THE PROCEDURE DAY

Thank you for choosing New Jersey Digestive Disease Associates for your upcoming procedure.

- Please inform us if you have fever, cough, shortness of breath, or recent hospitalization. Your procedure may be rescheduled or canceled based on your symptoms;
- Please wear comfortable clothing. Face mask preferred. Please leave your valuable personal belongings at home;**
- Please** arrive at scheduled time. If you need to reschedule or cancel your appointment, please call 732-662-5115;
- Please wait in the waiting room after check in. We will bring you in the procedure room when it is your turn; We will call your ride to pick you up when you are ready to be discharged;
- We will make a follow up appointment for you 2 weeks after procedure. Doctor will discuss the results and treatment plan with you in details during the follow up appointment.