

# GI OF NORMAN, LLC

## FLEXIBLE SIGMOIDOSCOPY/COLONOSCOPY PREPARATION

### QUICKEST PREP

Bowel preparations are variable and can be quite uncomfortable. Constipated patients usually require a more rigorous preparation and you should discuss this with the nurse. We use three different types of preparation, trying to find the one that will be the easiest on you.

**NO ASPIRIN OR COUMADIN FIVE DAYS BEFORE PREPARATION  
NO SEEDS, HULLS, OR NUTS THREE DAYS BEFORE PREPARATION**

Day before Examination: \_\_\_\_\_

1. Mix up NuLytely/Colyte in one gallon of water that morning and refrigerate.
2. Drink only clear liquids for breakfast, lunch and dinner.

***IN THE AFTERNOON ONLY HAVE SPRITE, 7-UP OR WATER.***

3. At 8:00 a.m. take 4 Dulcolax tablets by mouth.
4. At \_\_\_\_\_ start drinking NuLytely/Colyte. Try to drink a glass every 15-30 minutes until gone (no more than four glasses per hour).
5. Drink three 8 oz. glasses of water in the evening after your prep at least an hour before retiring, more if desired, to provide adequate hydration (an hour apart is usually best).

Day of Exam: \_\_\_\_\_

1. Administer enema at home about one hour before leaving your house. This is necessary to ensure the colon is clean.
2. No medications are to be taken except heart or blood pressure medications.
3. Water only is allowed until four hours before the exam. Nothing to drink after \_\_\_\_\_ AM/PM.
4. Your procedure is scheduled for \_\_\_\_\_. Arrive for admitting process at MPEU, 1125 N. Porter, Ste. 304 at \_\_\_\_\_, or NRH outpatient admitting (NE entrance) at \_\_\_\_\_.

During the bowel prep, if nausea or vomiting occur, stop the preparation and wait two hours, then resume.

YOU MAY EXPERIENCE MILD TO MODERATE ABDOMINAL CRAMPS OR DISCOMFORT, WHICH WILL PASS, AND YOU SHOULD CONTINUE TAKING YOUR PREPARATION AS DIRECTED TO ENSURE YOUR COLON IS AS CLEAN AS POSSIBLE. VASELINE OR VITAMIN A&D OINTMENT CAN BE UTILIZED TO KEEP RECTAL SKIN AREA COVERED. IF YOU WILL BE MEDICATED FOR THIS PROCEDURE YOU MUST BRING A DRIVER WITH YOU. PLEASE DRESS COMFORTABLY IN A LOOSE TWO PIECE OUTFIT. IF YOU HAVE ANY QUESTIONS, YOU MAY CALL THE OFFICE AT 360-2777.