

## IMPORTANT REMINDER TO ALL PROCEDURE PATIENTS

If you are having an Upper Endoscopy, Colonoscopy, and/or ERCP:

**YOU WILL BE SEDATED FOR THIS PROCEDURE AND WILL REQUIRE AN ADULT TO DRIVE YOU HOME. YOUR DRIVER WILL BE REQUIRED TO STAY AT THE FACILITY DURING YOUR ENTIRE PROCEDURE.**

**The facility at which you are scheduled has the right to delay or cancel your procedure in the event you do not have an adult with you to drive you home.**

**If you are unable to keep your appointment, please call our office as soon as possible to reschedule. We do reserve the right to charge for missed appointments or appointments cancelled less than 72 hours in advance.**

Your procedure is scheduled with Dr. \_\_\_\_\_

Procedure \_\_\_\_\_ Date \_\_\_\_\_ Location \_\_\_\_\_

Arrival Time \_\_\_\_\_ Procedure Time \_\_\_\_\_

If you have any questions, please call \_\_\_\_\_ at (919) 783-4888.

If your procedure is scheduled at:

**WAKE ENDOSCOPY CENTER/RALEIGH MEDICAL GROUP/take the elevator to the second floor, see map for directions. Address: 2601 Lake Drive Ste 201 Raleigh, NC 27607 (919) 783-4888 or 1-800-491-7236**

**CLAYTON ENDOSCOPY CENTER- see map for directions.  
Address: 900 S Lombard Street Ste 104 Clayton, NC 27520 (919) 341-3547**

**WAKE FOREST ENDOSCOPY CENTER-see map for directions  
Address: 10540 Ligon Mill Rd Suite 109 Wake Forest, NC 27587 (919) 439-3393**

**REX HEALTHCARE-please use the Main Entrance and go to Patient Registration**

**WAKE MED CARY-check in at admission/business office**

**JOHNSTON AREA MEDICAL CENTER-please use the Main Entrance and go to Patient Registration**

**If you have any questions, please call:**

**Raleigh Office: (919)783-4888 or 1-800-491-7236**

**Cary Office (Dr. Gumber & Dr. Reddy): (919) 858-0892**

**Clayton Office (Dr. Whitt): (919) 341-3638**

**Dr. Hutzenbuhler: (919) 787-7226**

**Wake Forest Office: Dr. Sachdeva (919) 562-6589**

**WAKE ENDOSCOPY CENTER/ CLAYTON ENDOSCOPY CENTER  
NULYTELY/COLYTE ONE DAY PREP EVENING BEFORE (CONSTIPATION ONLY)  
PREPARATION FOR COLONOSCOPY**

You will need to drink a laxative solution called NULYTELY to clean your colon. You must complete the entire prep to ensure the most effective cleansing.

**PRIOR TO YOUR PROCEDURE YOU WILL NEED TO PURCHASE:**

- 1 Gallon of Nulytely. (prescription enclosed)
- 1 Reglan tablet (Metoclopramide) optional (prescription enclosed)
- 8 Dulcolax (Bisacodyl ) tablets (over the counter, no prescription required)

**\*BE SURE TO LET THE NURSE KNOW IF YOU ARE ON COUMADIN, WARFARIN, PRADAXA, or any other blood thinners. AS SOON AS POSSIBLE**

\*\*5 days prior to your procedure, stop oral iron supplements. Please avoid sesame seeds and nuts

\*\*\*Diabetic medication adjustments: Day before procedure, take your normal AM insulin and/or oral medications. Take ½ of pm insulin dose, NO oral diabetic medication. Day of procedure: do not take any diabetic medications until after the procedure.

**2 DAYS BEFORE EXAM:** \_\_\_\_\_

1. Full Liquid diet for all meals and snacks (ice Cream, creamed soups, milk, and thinned grits.
2. **AT 6 PM: take 4 Dulcolax tablets.**

**DAY BEFORE PROCEDURE:** \_\_\_\_\_

Drink clear liquids only for all snacks and meals. **NO SOLID FOODS** or milk products. **Clear liquid diet:** coffee, tea, soft drinks, Jell-O, clear broth, popsicles, clear fruit juices, Gatorade, water, Snapple, powdered juices. Avoid red or purple liquids

\*\*\*Important note: staying well hydrated during this prep is extremely important. Force fluids all day prior to and after beginning the bowel prep. **You may have clear liquids until midnight.**

1. Add water to “fill line” of Nulytely/Colyte container. Mix until powder is dissolved and refrigerate.
2. **At 2 PM:** take 4 Dulcolax tablets.
3. **At 4:30 pm:** have an early supper of clear liquids and you may have clear liquids until midnight.
4. **At 5:00 pm:** take Reglan (optional) the prep may cause nausea and sometimes vomiting. Reglan taken in advance of the prep should reduce nausea and vomiting.
5. **At 5:30 pm:** drink 8 ounces of Nulytely/Colyte. Drink 8 ounces every 15 minutes until the prep is finished.

\*If you experience nausea and or bloating, slow down drinking the prep, space interval to 20-25 minutes.

**\*Do not plan to go out anywhere after you have started drinking the prep. The prep will cause diarrhea to cleanse your bowel for the procedure.**

\*You may wish to use diaper rash cream or Vaseline to protect your rectum as the prep makes you have many bowel movements.

**. NOTHING TO DRINK AFTER MIDNIGHT AND NOTHING TO EAT UNTIL AFTER YOUR PROCEDURE. YOU MAY TAKE YOUR AM MEDICATIONS WITH A SMALL AMOUNT OF WATER (SIP) ANYTHING MORE CAN RESULT IN A DELAY OR CANCELLATION OF YOUR PROCEDURE.**

**DAY OF EXAMINATION** \_\_\_\_\_

Please take all regularly scheduled medications with a small amount (sip) of water.

\*\*If you use inhalers, please bring them with you\*\*

\*\*If you use a CPAP or VPAP machine, you are required to bring it with you\*\*

