**DR. GRASS PREP INSTRUCTIONS FOR COLONOSCPY**

**NULYTELY SPLIT DOSE**

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

**Medication to stop: Aspirin\_\_\_\_\_\_Plavix\_\_\_\_\_\_Coumadin\_\_\_\_\_\_NSAIDS\_\_\_\_\_\_Eliquis\_\_\_\_\_\_**

**Pradaxa\_\_\_\_\_\_Xarelto\_\_\_\_\_\_Fish Oil\_\_\_\_\_\_Other\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Two days before the colonoscopy:**

1. Make sure you have picked up your Nulytely, Gas-X, Mylanta Gas from the pharmacy. Read the instructions again; call the office if you have any questions.
2. NO raw fruits or vegetables. NO popcorn, nuts, corn, bran/fiber bars, cereals, or meats. Eat light foods, soups, pudding, ice cream, yogurt, and oatmeal – all soft foods. Avoid thick cuts of meat i.e.: steak, chicken, pork. You may eat deli sliced meats and hamburger.
3. Drink plenty of fluids.

**The day before the colonoscopy:**

1. NO solid food; NO alcohol
2. Mix NuLytely and place in the refrigerator in the morning.
3. Clear liquids all day.

* Upon waking, drink at least 8 ounces of clear liquids every hour until bedtime. This is in addition to the colon prep. **Always avoid RED, PURPLE, and BLUE colored liquids, Jell-O, or popsicles.**
* As a rule – if you can see through it, you can drink it.
* Clear fruit juices (apple or white grape juice)
* Water, tea, coffee (without cream)
* Kool-Aid, Gatorade, or PowerAde
* Clear soup, broth, or bouillon
* Popsicles, hard candies, soda pop, Jell-O

For Diabetic Patients:

Please consume clear liquids that are not sugar free, which will give you calories to assist with your blood sugar levels.

1. **At 6:00pm**

* Drink 8 ounces every 10 minutes until ½ of the solution is gone. You may suck on hard candy between glasses of prep. Put remainder in the fridge. If at any time you notice bloating, fullness, or nausea, you may drink the solution every 20 minutes.

1. **At 9:00pm**

* Take two gas tablets (such as Gas-X) with 8 ounces clear liquid.

1. **At 10:00pm**

* Take two gas tablets with 8 ounces clear liquid.

1. Continue to drink clear liquids until you go to bed.

**\*2nd dose will be due 5 hours prior to check in time. The surgery department will be the one to notify you of this time. Their number is 712-623-7174.**

**The day of the colonoscopy:**

1. NO solid foods; NO alcohol
2. Take your morning medications with small sips of water, except: \_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_, \_\_\_\_\_\_\_\_\_\_\_\_\_. Please call your primary care provider for insulin adjustments.
3. Beginning five (5) hours before your procedure the only liquid you may drink is the remaining half of the NuLytely. Drink 8 ounces every 10 minutes until the solution is gone.
4. **TAKE NOTHING ELSE BY MOUTH AFTER YOU HAVE FINISHED THE NULYTELY.**

**What to bring:**

* The first and last name of all practitioners you want to receive a copy of your procedure report.
* Someone to drive you home. Sedation is usually given during your procedure. **If you have not arranged for someone to drive you home, you procedure may be cancelled.**
* Insurance cards. If your insurance has changed since your appointment was scheduled, please contact us immediately. Many insurance carriers and managed organizations require a preauthorization or pre-certification. To obtain coverage for these procedures, we recommend you contact your insurance company.

**What to wear:**

Wear comfortable, loose fitting clothing. Wear flat shoes or tennis shoes. Please leave jewelry and valuables at home.

**SPECIAL INSTRUCTIONS:**

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**IF YOU ARE SCHEDULED FOR A SCREENING COLONOSCOPY:**

Please keep in mind that not all insurance companies pay for screening colonoscopies. If you present for a screening colonoscopy and a medical condition is found requiring therapy, it may not be considered a screening colonoscopy and this could result in higher out of pocket expenses. **For example:** If a polyp is found, the polyp becomes the primary diagnosis versus screening. Please contact your insurance company before your procedure so you will know what your policy states regarding **Screening Colonoscopies vs. Medical Colonoscopies.**

Check in at the Emergency Department registration desk at \_\_\_\_\_\_\_\_am.

Please have your valid driver’s license and insurance available.

You will need a driver if you will be receiving sedation for your procedure.

**FREQUENTLY ASKED QUESTIONS**

Question: **What if I feel like I am going to vomit if I drink another glass of prep, OR, what if I start to vomit while drinking the prep?**

*Answer:* Stop prep for 30-45 minutes until symptoms subside, then resume.

Question: **What if I drink all the prep and I do not have a bowel movement?**

*Answer:* Wait one (1) hour. If still no stool, you will need a Fleets enema. This can be purchased over the counter at any pharmacy. If still no results, call the Dr. who will performing your colonoscopy.

Question: **What if I have rectal discomfort?**

*Answer:* You may apply petroleum-based product or diaper rash ointment to the rectal are if you experience discomfort from frequent stools.

Question: **Does my driver have to stay with me during the procedure?**

*Answer:* If your driver does not wish to remain in the lobby, a contact number may be given to the nursing staff. Typically, the driver can return two (2) hours after they drop you off.

Question: **Can I eat after my procedure?**

*Answer:* Usually you may resume your normal diet unless otherwise instructed.

Question: **Will I be asleep for my procedure?**

*Answer:* Yes, you will be given anesthesia. You will be comfortable and unaware of the procedure. The medications given to you are designed to decrease your awareness and will affect your ability to remember the event.