

MAG CITRATE/NULYTELY® COLONOSCOPY PREP

Two Day Split-Prep for PM procedure

Please read these instructions carefully at least one week prior to your exam.



Colonoscopy is an examination in which the doctor uses a flexible instrument containing a small camera to transmit the image of the colon onto a large screen. Colonoscopy is the best means to check the health of the colon, to screen for colon cancer, and to remove abnormal growths, called polyps. Undergoing bowel prep for a colonoscopy is certainly not a pleasant activity, but your effort is essential for an accurate colonoscopy procedure.

The following instructions are intended to maximize the ease, safety, and success of your bowel prep.

ONE WEEK BEFORE PROCEDURE

- Obtain NuLYTELY® Bowel Prep Kit from your pharmacist **Note:** Prep kit requires a prescription.
- Obtain one 10-ounce bottle of Magnesium Citrate from your pharmacy or grocery store. No prescription is needed.
- Avoid eating any nuts, seeds, or popcorn four days prior to your procedure.



Your medicine regimen may need to be modified, for your procedure. For your safety and health it is extremely important that you read the section below and let our office know whether you take any of the listed medications.

A physician's order is required before any prescribed medication is held, modified or discontinued in order to ensure your safety!

- Use breathing inhalers and take prescribed blood pressure, heart, anxiety, and depression medications on the morning of the exam, or your procedure may have to be canceled!
- Diabetic medications require modification by a physician to prevent low sugar reactions or unacceptable high glucose readings.
- Aspirin therapy may be continued for procedures.
- Discontinue Lovenox 12 hours before procedure.
- NSAIDS including Ibuprofen (Advil, Motrin), Naproxen (Aleve), Meloxicam (Mobic), Excedrin, and Goody & BC powders should be discontinued if possible, for five days prior to procedure.

Certain medicines can cause bleeding problems.

Let our office know as soon as possible if you take any medications such as those listed below.

Do **NOT** stop taking medications without a specific physician order to do so.

ANTIPLATELET AGENTS:

Examples include but are not limited to:

- Dipyridamole (Aggrenox®, Persantine®)
- Thienopyridines
 - ✓ Clopidogrel (Plavix®)
 - ✓ Prasugrel (Effient®)
 - ✓ Ticlopidine (Ticlid®)
 - ✓ Ticagrelor (Brilinta®)

OTHER:

- Pentosan polysulfate (Elmiron®)

ANTICOAGULANTS:

Examples include but are not limited to:

- Warfarin (Coumadin®, Jantoven®)
- Fondaparinux (Arixtra®)
- Direct factor Xa inhibitors
 - ✓ Rivaroxaban (Xarelto®)
 - ✓ Apixiban (Eliquis®)
 - ✓ Edoxaban (Lixiana®, Savaysa®)
 - ✓ Betrixaban (Bevyxxa®)
- Direct thrombin inhibitors
 - ✓ Dabigatran (Pradaxa®)
 - ✓ Desirudin (Iprivask®)

TWO DAYS BEFORE PROCEDURE

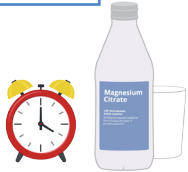
- You may have a light breakfast on this day.
- After breakfast, you may have **ONLY** clear liquids as shown right and the 4:00PM magnesium citrate bowel preparation.
- Take all usual medicines except those limited on page one.
- **DO NOT** have any solid food.
- **DO NOT** drink any beverage containing milk products.
- **DO NOT** drink any red, purple, or green liquids.
- **DO NOT** drink alcoholic beverages.

The following liquids are OK to drink:

- ✓ Water, Lemonade, Limeade, or Crystal Light
- ✓ Tea & Coffee without dairy or non-dairy creamer
- ✓ Apple, white grape, or white cranberry juice
- ✓ Beef, chicken, or vegetable clear broths
- ✓ Gatorade, Powerade, and similar sports drinks
- ✓ GingerAle, 7-Up, Sprite soft drinks
- ✓ Popsicles, Italian ices, or Jell-O desserts in any color except red, purple, or green

4:00PM

two days before procedure



Drink one 10-ounce bottle of Magnesium Citrate over the course of one hour. Stay close to the bathroom as you will have diarrhea. Drink only clear liquids the remainder of the day.

DAY BEFORE PROCEDURE

- Continue clear liquid diet as shown above.
- Take all usual medicines except those limited on page one.
- Prepare the Nulytely bowel prep early in the day and refrigerate, if desired. Begin drinking prep at 4:00PM.
- **DO NOT** smoke for 24 hours prior to your procedure.

4:00PM

day before procedure

Complete steps 1-4 as indicated below. Stay close to the bathroom, as you will have diarrhea.

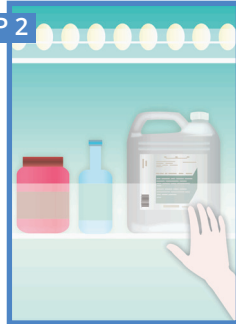
Do NOT follow the directions on the bowel prep package. Instead follow the directions below that your doctor has prescribed to drink bowel prep.

STEP 1



Add lukewarm drinking water to top line of supplied container. Cap bottle and shake to dissolve the powder.

STEP 2



Refrigerate the prep mixture. Mixture may be prepared several hours in advance to make it easier to drink.

STEP 3



At 4:00, begin drinking an 8-ounce glass every 10-15 minutes.

STEP 4



Drink glasses of the mixture until all 4 liters are consumed.

DAY OF PROCEDURE

- **Take blood pressure medications** and those directed by your physician with a sip of water by **9:00AM**.
- **Nothing by mouth after 9:00AM** on the day of your exam. Drinking too closely to the exam may make it necessary to cancel the exam.
- **Bring a driver.** You will receive intravenous medicine to sedate you. Therefore, your exam **WILL NOT** be done unless you bring an **ADULT** companion 18 or older to drive you home. Your companion must stay at the facility during entire procedure. You will not be able to drive the remainder of the day.

Colonoscopy is an important and potentially life saving procedure, but it can be intimidating if you don't know what to expect. We want you to have all the information you need to prepare. A list of our most frequently asked questions can be found on our website in the FAQ section at gastroaugusta.com.