



COLONOSCOPY / EUS (circle one)
NULYTELY / COLYTE BOWEL PREP (circle one)

*Purchase prep at your requested pharmacy within one week

(Only follow the box instructions to mix prep and then follow the instruction sheet below for taking prep.)

Name: Birth Date: Patient Acct #:
Procedure Date: Arrival Time: Physician:

- Location: MidAtlantic Endoscopy Center-Lancaster (2104) Lancaster General Hospital Ephrata Community Hospital
MidAtlantic Endoscopy Center-Oregon Pike Lancaster Regional Medical Center
Lancaster Gastroenterology Procedure Center (2112) Heart of Lancaster Regional Medical Center

MEDICATION INSTRUCTIONS: (Only those checked apply to you)

- Take all your medications as usual (including blood pressure and cardiac)
Stop Coumadin days prior to your procedure. Stop taking on.
Stop iron or iron-containing medication for days prior to your procedure. Stop taking on.
No NSAIDs (non-steroidal anti-inflammatory drugs) such as Naproxen (Aleve), Ibuprofen (Motrin or Advil), or similar medications days prior to your procedure. Stop taking on.
Special diabetic medications instructions:
Other instructions:

DAY BEFORE PROCEDURE: NO SOLID FOODS FOR ENTIRE DAY, FROM THE TIME YOU ARISE.

- 1. Mix bowel preparation according to instructions and refrigerate. Do not drink prep until afternoon.
2. Drink a minimum of one gallon of fluids throughout the day, drawing from both lists below. Drink more if you can. There is no limit to how much you can drink.

Full Liquids Allowed

Milk, milkshakes, ice cream, yogurt, cream soups, including tomato, (strain out solids) smooth puddings, Slim Fast, Ensure or similar products

You may have milk in coffee until 6 pm.

Clear Liquids Allowed

Water, Coffee or tea without milk, clear fruit juices (apple, white grape, white cranberry), Jell-O without fruit (no red or purple), broth/bouillon, Gatorade, Hi C, Kool Aid, any sodas (diet or regular), Italian Ice, ice pops

All items must be smooth - no pieces of fruit, nuts or seeds. No items colored red or purple. (Tomato soup is an exception.) NO ALCOHOLIC BEVERAGES.

- 3. At 6 PM, start drinking the prep. Drink an 8 oz. glass every 15 minutes, until you have taken in three quarters of the solution. Drink each glass quickly. It will take approximately three hours to complete.
4. Drink only clear liquids. DO NOT have any item from full liquid list from this point on. Place remaining 1/4 of prep solutions in refrigerator. Continue drinking clear liquids, at least 16 oz before bed.
5. The full, bloated feeling that you may experience will go away as bowel movements begin.

DAY OF PROCEDURE:

- 1. At (4 hours before leaving your home), begin drinking the remaining prep. Drink an 8 oz glass every 15 minutes until finished. Once finished, you are to have nothing else by mouth. No water, gum, mints, etc. If you do not follow these instructions, you are at risk for having your procedure cancelled.
2. Your stool should be liquid and free of solid material eventually.

Reviewed by: Print Name