



Carolinus HealthCare System  
Mecklenburg Medical Group

Patients Name \_\_\_\_\_

Appt Date & Arrival Time \_\_\_\_\_

Scheduler \_\_\_\_\_

Scheduler Ph # \_\_\_\_\_

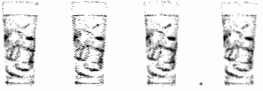
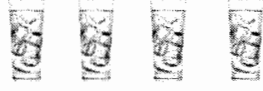
GI Physician \_\_\_\_\_

**Preparation Instructions:**  
**Colonoscopy with  
NuLyteLy / TriLyte Prep**

**Preparation Instructions:**

You are scheduled for a colonoscopy, a procedure in which a doctor examines the lining of your large intestine by looking through a flexible tube called a colonoscope. If growths or other abnormalities are found during the procedure, the doctor may remove the abnormal tissue for closer examination or biopsy.

Please remember to arrange a responsible adult to stay with you during your procedure and drive you home. If you do not have a responsible adult your procedure will be cancelled and rescheduled. Please review the preparation schedule below for the days preceding your colonoscopy. Should you need further assistance please call your physician's office.

<u>1 Week Prior</u>	<u>3 Days Prior</u>	<u>1 Day Prior</u>	<u>1 Day Prior (cont.)</u>	<u>Procedure Day</u>
<p>▶ Purchase the following: -NuLyteLy/TriLyte powder prep (prescription from Dr.) <u>OPTIONAL-for sore bottom:</u> -Plain or Aloe Baby Wipes -Desitin or A&amp;D ointment</p> <p>▶ Arrange for a driver to stay with you during your procedure and take you home post-procedure.</p> <p>▶ If you take fiber supplements or medications containing iron discontinue those 7 days before your appointment. This includes multi-vitamins with iron.</p> <p>▶ You may continue taking your "baby" aspirin and regular aspirin. Let us know if you are on Plavix, coumadin, or other blood thinners.</p> <p>▶ If you have diabetes you have been given a Diabetic Prep Sheet.</p> <p>▶ Stop taking these medications:</p> <p>▶ Last chance to cancel appointment. Please call your physician's office if you need to reschedule your appointment.</p> <p>-Avoid corn, popcorn, nuts</p>	<p>▶ Begin low fiber diet. See back of this sheet for details.</p> <p>▶ Stop consuming all high-fiber foods.</p> <p><b>YOUR BOWEL PREP IS EXTREMELY IMPORTANT!</b></p> <p><b>IT IS VERY IMPORTANT TO HAVE A "CLEAN" COLON SO THAT YOUR DOCTOR MAY VISUALIZE ANY ABNORMALITIES (POLYPS)!</b></p> <p><u>2 Days Prior</u></p> <p>▶ Drink at least 4 glasses of water throughout the day.</p>  <p>▶ No solid foods after midnight.</p> <p>▶ Fill out Health History form. Bring this form with you to the appointment.</p>	<p>▶ Begin clear liquid diet.</p> <p>Clear Liquid Suggestions See clear liquid choice handout for additional recipes!</p> <p><b>NO RED OR PURPLE</b></p> <p>Water Broth Coffee or tea with no milk Gatorade or Crystal Light Soft drinks Juices without pulp Clear Jell-O (no pudding) Popsicles</p> <p>▶ Drink at least 4 glasses of water throughout the day.</p>  <p>▶ Clear liquids only the day before your procedure up until midnight the night before</p> <p>▶ At 5pm take 2 Bisacodyl/ Dulcolax tablets with water (this is an over the counter purchase)</p>	<p>▶ At 5pm, mix the Colytes solution (this step can be done earlier to cool the solution). Add water to the top of the line of bottle. If the Colyte came with flavor of your choice and put it in the bottle. Cap bottle, shake, and place in the refrigerator.</p> <p>▶ At ___pm evening before your procedure, drink a glass of Colyte every 15-20 minutes until half the gallon is completed.</p> <p>▶ At ___am exactly 4 hours prior to your arrival time, start drinking the balance of your Colyte. This should take no more than an hour to complete.</p> <p>If you experience nausea or vomiting take a 15-30 minute break, then continue drinking the prep solution.</p> <p><b>Nothing to eat or drink after midnight.</b></p>	<p><b>ALERT</b></p> <p>After your prep, the results should appear <u>clear</u> yellow or <u>clear</u> green liquid with <u>no</u> solid matter. If not, please call your doctor at the office or medical exchange.</p> <p>▶ You may take your essential morning medications with a few small sips of water, unless otherwise directed by your physician.</p> <p><b>▶ Be sure to bring the following:</b></p> <ul style="list-style-type: none"> <li>-Responsible adult driver to stay with you and drive you home</li> <li>-Insurance Cards</li> <li>-Health History form</li> <li>-Driver's License</li> <li>-Any co-insurance fees due</li> </ul> <p>_____</p> <p>Staff initials providing prep instructions including date.</p>

**\*IMPORTANT: ABSOLUTELY NOTHING BY MOUTH 3 HOURS PRIOR TO YOUR ARRIVAL TIME\***

## Low-Fiber Diet

A low-fiber diet is for people who need to rest their intestinal tract. A low-fiber diet limits the amount of food waste that has to move through the large intestine.

Foods Recommended	Foods to Avoid
<p><b>Breads, Cereal, Rice and Pasta:</b></p> <ul style="list-style-type: none"> <li>• white bread, rolls, biscuits, croissant, melba toast</li> <li>• waffles, French toast, and pancakes</li> <li>• white rice, noodles, pasta, macaroni and peeled cooked potatoes</li> <li>• plain crackers, Saltines</li> <li>• cooked cereals: farina, Cream of Rice</li> <li>• cold cereals: Puffed Rice, Rice Krispies, Corn Flakes, and Special K</li> </ul>	<p><b>Breads, Cereal, Rice and Pasta:</b></p> <ul style="list-style-type: none"> <li>• breads or rolls with nuts, seeds or fruit</li> <li>• whole wheat, pumpernickel, rye breads and cornbread</li> <li>• potatoes with skin, brown or wild rice, and kasha (buckwheat)</li> </ul>
<p><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>• tender cooked and canned vegetables without seeds: carrots, asparagus tips, green or wax beans, pumpkin, spinach, lima beans</li> </ul>	<p><b>Vegetables:</b></p> <ul style="list-style-type: none"> <li>• raw or steamed vegetables, lettuce, salad fixings</li> <li>• vegetables with seeds</li> <li>• sauerkraut</li> <li>• winter squash, peas, broccoli, Brussels sprouts, cabbage, onions, cauliflower, baked beans, peas and corn</li> </ul>
<p><b>Fruits:</b></p> <ul style="list-style-type: none"> <li>• strained fruit juice</li> <li>• canned fruit, except pineapple</li> <li>• ripe bananas</li> <li>• melons</li> </ul>	<p><b>Fruits:</b></p> <ul style="list-style-type: none"> <li>• prunes and prune juice</li> <li>• raw or dried fruit</li> <li>• all berries, figs, dates and raisins</li> </ul>
<p><b>Milk / Dairy:</b></p> <ul style="list-style-type: none"> <li>• milk, plain or flavored</li> <li>• yogurt, custard, and ice cream</li> <li>• cheese and cottage cheese</li> </ul>	<p><b>Milk / Dairy:</b></p> <ul style="list-style-type: none"> <li>• yogurt with nuts or seeds</li> </ul>
<p><b>Meat, Poultry, Fish, Dry Beans, and Eggs:</b></p> <ul style="list-style-type: none"> <li>• ground, well cooked tender beef, lamb, ham, veal, pork, fish, poultry, and organ meats</li> <li>• eggs</li> <li>• peanut butter without nuts</li> </ul>	<p><b>Meat, Poultry, Fish, Dry Beans, and Eggs:</b></p> <ul style="list-style-type: none"> <li>• tough, fibrous meats with gristle</li> <li>• dry beans, peas, and lentils</li> <li>• peanut butter with nuts</li> </ul>
<p><b>Fats, Snack, Sweets, Condiments, and Beverages:</b></p> <ul style="list-style-type: none"> <li>• margarine, butter, oils, mayonnaise, sour cream, and salad dressing</li> <li>• plain gravies</li> <li>• sugar, clear jelly, honey, and syrup</li> <li>• spices, cooked herbs, bouillon, broth, and soups made with allowed vegetables</li> <li>• coffee, tea, and carbonated drinks</li> <li>• plain cakes and cookies</li> <li>• gelatin, plain puddings, custard, ice cream, sherbet, Popsicles</li> <li>• hard candy or pretzels</li> </ul>	<p><b>Fats, Snack, Sweets, Condiments, and Beverages:</b></p> <ul style="list-style-type: none"> <li>• nuts, seeds, and coconut</li> <li>• jam, marmalade, and preserves</li> <li>• pickles, olives, relish, and horseradish</li> <li>• all desserts containing nuts, seeds, dried fruit, coconut, or made from whole grains or bran</li> <li>• candy made with nuts or seeds</li> <li>• popcorn</li> </ul>