

NuLYTELY/GoLYTELY Prep for Lower Endoscopic Ultrasonography (EUS)

You have been scheduled for a procedure with Northern New Mexico Gastroenterology Associates. Please follow these instructions to prepare for your EUS procedure.

Due to sedation, you MUST have a driver. Your driver is required to remain at the facility and to drive you home after your procedure. Public transportation and “drop off/pick up” is not allowed. Due to the sedation, you may not remember what your doctor tells you after the procedure, if this happens, please call our office at 505-983-5631 for an explanation of your results. If a biopsy is taken, it will take 5 to 7 working days for the doctor to get the biopsy report.

Please fill the prescription and read all of the instructions ahead of time so you can be adequately prepared for this procedure.

IF YOU MUST CANCEL THIS APPOINTMENT, PLEASE PROVIDE ADVANCED NOTICE OF AT LEAST THREE (3) WORKING DAYS. FAILURE TO DO SO MAY RESULT IN A \$100.00 CHARGE TO YOU.

FIVE DAYS PRIOR TO YOUR EXAM

- Avoid food with nuts or small seeds

THE DAY BEFORE YOUR PROCEDURE

- Eat a normal breakfast
- **After 12:00 Noon, start your clear liquid diet, do not eat any solid food.**
You may have clear liquids from the following list:
 - *Chicken, beef, or vegetable broth, apple juice, soft drinks, Gatorade, coffee, tea, iced tea, iced coffee (no cream, milk, soy, rice, or additives may be used), water, jello, popsicles ***NONE OF THESE MAY BE RED, BLUE, OR PURPLE
- **Between 3:00-5:00 pm**
 - *Fill the NuLYTELY up to the designated “fill” line with drinking water, this is 128 ounces. It may help to chill, drink through a straw, and/or add some lemon or lime flavor packets for taste
 - *Begin drinking the first half gallon (64 ounces) of NuLYTELY, this is approximately 8- 8 ounce glasses (drink approximately one 8 ounce glass every 10-15 minutes)
 - *Expect to begin having bowel movements within 1 to 2 hours. If you don't have bowel movements within the first two hours or you become nauseated, slow down or temporarily stop drinking the solution. You may feel a little bloated. Once bowel movements begin, finish the remainder of the 64 ounces (this is approximately half of the bottle)
- **After 5:00 PM:**
 - *Continue with the clear liquid diet, drink lots of liquids to keep yourself well-hydrated

THE DAY OF YOUR PROCEDURE

- **3 hours before your exam:**

- *Drink the second half gallon of the NuLYTELY solution.

- You need to have this finished 2 hours before you arrive for your appointment. Continue drinking 8 ounce glasses of the solution every 10-15 minutes until you have finished THE ENTIRE BOTTLE.

- *IMPORTANT: YOU ARE NOT TO HAVE ANYTHING BY MOUTH 2 HOURS PRIOR TO YOUR APPOINTMENT TIME. This includes the preparation as well as any additional liquids you have been drinking.

MEDICATIONS

- **Blood thinning medications** (such as Coumadin, Warfarin, Plavix, Lovenox, etc) may need to be discontinued prior to your procedure. **Please contact your prescribing physician for instructions in advance**; you may need to be off these drugs up to 10 days prior to your procedure. Ticlid & Plavix users you have the option of waiting until treatment is completed if you are scheduled for a screening colonoscopy. Otherwise, antiplatelet agents should be continued although they will increase risk of bleeding if biopsies are done
- **Unless prescribed by your physician**, please avoid the following medicines if possible: aspirin, aspirin products (e.g. Alka-Seltzer, BC powder, etc) or non-steroidal anti-inflammatory drugs (e.g. ibuprofen, Nuprin, Advil, Aleve, Motrin, etc) for 5 days prior to your appointment
- **Continue to take your other prescribed medications (e.g. blood pressure pills) as usual.** If you have any questions about your medications, call your prescribing physician. Take AM doses the day of your exam after you finish your prep
- **Diabetic patients**, if you take an oral hypoglycemic (“sugar pill”) **do not take it the day of your procedure.** If you are taking **insulin**, you should only take **half (1/2) of your usual scheduled insulin dose the night before.** **On the day of your procedure wait until you eat after the procedure to take your usual AM dose**