



BAPTIST SURGICAL ASSOCIATES

NULYTELY SPLIT DOSE BOWEL PREP

Please arrive @ _____ on _____

Your colonoscopy has been scheduled for _____

(Arrival times are subject to change if the surgeon has changes in their schedule**)**

1. **Before 9:00am** the day before your procedure _____ you may have a light breakfast. **LOW FIBER** foods such as eggs, white toast/ bread, lunchmeat turkey or chicken breast, saltine crackers.
2. At **9:00 a.m.** begin drinking clear liquids such as: 7- up, ginger-ale, water, yellow jell-o, chicken or beef broth, banana popsicles, tea or coffee with or without sugar, but no milk or creamer in coffee ***** NO RED DRINKS or JELLO*****
3. Add water to the top line on the bottle of Nulytely.
Cap bottle and shake to dissolve powder. Chill as desired.
4. At **12:00.** begin drinking ½ of the container of Nulytely
Continue with clear liquids while drinking prep.
5. **The morning of your procedure** at _____, drink the remainder ½ of Nulytely.
This must be completed no later than 2 hours prior to the start time of your colonoscopy.
Do not drink any liquids after your last dose of bowel prep.

Take regular medication the day prior to procedure. You may take heart or high blood pressure medications w/ a sip of water the morning of your procedure. ****IF ON ASPIRIN, BLOOD THINNERS, OR ON ANY WEIGHT LOSS/DIABETES MEDICATION, CHECK WITH YOUR PRESCRIBING DOCTOR ON WHEN TO STOP.****

TRANSPORTATION INSTRUCTIONS:

You will need a driver to and from your procedure. No taxi/cabs/ubers permitted.

If you have any questions, please call your scheduling coordinator.

(See contact information below.)

KELLI

SARAH

TAMMY

KIM

502-895-7720

Please note we require a 72-hour cancellation notice.

Changing your appointment/surgery within 4 hours of your appointment/surgery time results in a No Show.

BAPTIST SURGICAL ASSOCIATES

SPLIT MIRALAX BOWEL PREP FOR COLONOSCOPY

Please arrive at _____ on _____
Your Colonoscopy has been scheduled for _____

(Arrival time are subject to change if the surgeon has changes in their schedule)

IMPORTANT: To prepare for your colonoscopy, purchase the following at your pharmacy:

- **2 Dulcolax (Laxative) Tablets – no prescription needed**
- **Miralax Laxative Powder 8.3 oz. bottle**
- **Gatorade, Powerade or Gatorade-Zero (Qty. 2 of the 32 oz. bottle)**
****If diabetic, purchase the Gatorade-Zero only. No Red**

PREP FOR PROCEDURE:

- 1) On _____, the day before your colonoscopy, you may consume a light breakfast before 9 am. Make sure it is a **LOW FIBER** breakfast consisting of foods like eggs, toast/bread, turkey breast lunch meat or chicken breast lunch meat and saltine crackers.
- 2) At 9:00 am, **YOU MUST STOP ALL SOLID FOODS AND START THE CLEAR LIQUID DIET:** Clear liquids include Broths: Chicken, Vegetable or Beef, Coffee with or without sweeteners but no milk or creamers, Tea sweet or unsweet, Clear Soft Drinks, Gatorade/Powerade, White Grape Juice or Apple Juice without pulp, Jell-O, Popsicles without fruit or yogurt & Lemonade.
*****NO RED LIQUIDS, JELLO or POPSICLES*****
- 3) Take regular medication the day prior to procedure. Take only heart or blood pressure medicine with a sip of water the morning of your procedure. ****IF ON ASPIRIN, BLOOD THINNERS, OR ON ANY WEIGHT LOSS/DIABETES MEDICATION, CHECK WITH YOUR PRESCRIBING DOCTOR ON WHEN TO STOP. ****
- 4) At 3:00 pm, take 1 Dulcolax tablets with 8oz of water.
- 5) At 4:00 pm, mix bottle 4 oz. bottle of Miralax powder in a pitcher with (1) 32 oz. bottles of Gatorade. Drink the Miralax mixture of Gatorade over the next 2 hours.
- 6) At 7:00 pm, take 1 Dulcolax tablets with 8oz of water.
- 7) **The morning of your procedure at _____**, mix bottle 4 oz. bottle of Miralax powder in a pitcher with (1) 32 oz. bottles of Gatorade. Drink the Miralax mixture of Gatorade over the next 2 hours. **Do not drink any liquids after your last dose of bowel prep.**

TRANSPORATION INSTRUCTIONS

You will need a driver to and from your procedure. No taxi/cabs/ubers permitted.

If you have any questions, please call your scheduling coordinator. (See contact information below)

KELLI SARAH TAMMY KIM 502-895-7720

Please note we require a 72-hour cancellation notice.
Changing your surgery within 4 hours of your surgery time will result in a No Show.