

Notify our office if you have had an orthopaedic joint replacement or artificial heart valve within the last 6 months; an implanted cardiac defibrillator; history of heart failure or kidney disease; Rheumatic Fever or Diabetes.

**COLORECTAL SURGICAL ASSOCIATES, P.S.C.**  
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Procedure: **COLONOSCOPY** or **BARIUM ENEMA**

Prep: **NULYTELY PREP**

**PLEASE READ CAREFULLY – Do not exceed recommended dosage  
as serious side effects may occur.**

A **BARIUM ENEMA** is an x-ray of the colon after barium is introduced through a catheter placed in the rectum. This is done in an x-ray department at the hospital and not in our office.

A **COLONOSCOPY** is an outpatient surgical procedure, usually done with sedation, but always in a hospital/out-patient setting. The colonoscope is a flexible instrument through which the doctor can see the lining of the colon. This instrument is introduced through the rectum and usually passed through the entire length of the colon. Abnormal findings can be biopsied or removed. **Because you are sedated, you will need someone to drive you home afterwards. Your driver must stay at the facility during the procedure.**

### **BOWEL PREPARATION:**

1. Four (4) days before your procedure eat a **low residue diet** (containing no popcorn, seeds, husks, skins and pulp).
2. On \_\_\_\_\_ (two nights before exam) take one (1) Tablespoon Milk of Magnesia and one (1) Mylanta Gas tablet at bedtime.
3. On \_\_\_\_\_ (one day before the exam), eat **NO** food. You may have only crystal CLEAR liquids such as 7-Up, Sprite, Club Soda and water. You may have clear chicken broth or bouillon or clear jello. You may have coffee and tea. No solid foods, milk or milk products.
4. Take one (1) Mylanta Gas at bedtime and again the morning of your procedures.

**ABSOLUTELY NO FOODS ALLOWED THE DAY BEFORE YOUR PROCEDURE, NOT EVEN  
BREAKFAST, OTHERWISE YOUR PROCEDURE WILL BE CANCELLED!**

Your bowel prep or laxative is called Colyte or Nulytely. This should be taken at \_\_\_\_\_ on \_\_\_\_\_. Generally, drinking 8 ounces every 10 minutes will allow you to finish this in less than four (4) hours. **PLEASE DRINK THE ENTIRE BOTTLE.** If you develop nausea or vomiting, slow the rate of your drinking. Body chills are not uncommon and are no cause for alarm. You will develop loose stools and do not be alarmed if they are bright red or bright green since this will often reflect the food you have eaten.

- Please take any prescribed medications the day before your procedure and even the morning of your procedure. Take nothing by mouth after midnight before your procedure except sips of water with your regular medications. You should go ahead and brush your teeth the morning of your procedure.
- No aspirin, Motrin (Ibuprofen) or blood-thinning products (Plavix, Coumadin, Lovenox, Ticlid) should be taken preferably 10 days before a colonoscopy. You may take tylenol, acetaminophen and Aleve. Contact your doctor or cardiologist for the safest length of time to be off your medications.
- Inform us immediately if you are on coumadin or take any heart medications or have an artificial heart valve.
- No iron pills or Metamucil for 48 hours before a colonoscopy.
- No weight loss drugs, including phenteramine at least 2 weeks prior to colonoscopy.
- Eliminate Olestra (found in no-fat potato chips) from diet for at least 1 week.

**You will need to be at the hospital or out-patient facility at least one hour before your procedure.**

Name: \_\_\_\_\_ Doctor: \_\_\_\_\_

Be at the hospital: \_\_\_\_\_ Procedure: \_\_\_\_\_

Name of hospital: \_\_\_\_\_ Date: \_\_\_\_\_ Time: \_\_\_\_\_

Note to patients: Our physicians have a financial interest in Medical Heights Surgery Center and CSA Endoscopy Center

**If you have not received your test results within two weeks, please contact our office.**

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