

Advanced Gastrointestinal and Liver Disease

Noah Zinkin, MD, MMSc
775 Park Avenue, Suite 225
Huntington, NY 11743
(631) 923-1420

Nu-lytely

*Please remember to arrange for a responsible adult to accompany you home. If you do not have an adult escort your procedure will be cancelled and rescheduled. Taxis are not permitted.

Review the preparation schedule below for the days preceding your colonoscopy. Should you need further assistance please call 631-923-1420

1 Week Prior

Go to pharmacy and fill your prescription for Nulytely. Please call our office if you did not receive a prescription.

If you take fiber supplements or vitamins containing iron, please discontinue 5 days before your appointment.

If you have diabetes, please ask us for diet and medication instructions.

If you take aspirin, plavix, Coumadin, or other blood thinners, please discuss with Dr. Zinkin whether you should continue or discontinue these prior to your procedure.

If you take Jardiance, Farxiga, Invokana or Steglatro, you must stop it 4 days before your procedure

3 Days Prior

Begin Low Fiber Diet

No fruits or vegetables

No whole wheat or high fiber

No seeds, nuts, corn or popcorn

No bran or bulking agents

The Day Prior

You may have a light, low fiber breakfast. Afterwards, begin a clear liquid diet. This includes water, clear broth or bouillon, coffee or tea, Gatorade, carbonated & non-carbonated soft drinks, Kool-Aid or other fruit-flavored drinks, strained fruit juices (no pulp), Jell-O, popsicles and hard candy. For lunch, you may have ice cream, a milkshake, or yogurt that does not contain seeds, nuts or anything solid.

No red liquids

Drink at least 64 ounces (1/2 gallon) of clear liquid throughout the day.

Nultely Instructions:

Mix Nu-lytely solution as directed on the container. You may put this in the refrigerator to chill prior to drinking

At 6 p.m. - drink one 8-oz glass of solution and continue drinking one 8-oz glass every 15 minutes until the bottle is empty.

If you experience nausea or vomiting, rinse your mouth with water, take a 15- to 30- minute break and then continue drinking the prep solution.

On the procedure day

You may drink clear liquids up to 4 hours before the procedure. You may take your morning medications with sips of water.

Leave your valuables at home.

Please arrange for a responsible driver to take you home. Taxis are not permitted.

Remember that no driving or work is permitted on the day of the procedure.

Women who have had a period within 1 year will be asked for a urine specimen for a pregnancy test