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LEWISTON, ID 83501

Dear TEST TEST,

NuLYTELY Colonoscopy Instructions

Appt Date: 5/18/2022

Arrival Time: 9:00 AM

Address: Gem State Endoscopy
3709 14th St
Lewiston, ID 83501

Phone: 208-298-2141

Please pick-up the NuLYTELY and Magnesium Citrate prep kit at _____.

***5 Days prior follow a Low Residue Diet - see attached diet

ON THE DAY BEFORE THE COLONOSCOPY:

1. Start a clear liquid diet all day. No solid foods are allowed until after your procedure. You may have the following:

- Water (plain, carbonated or flavored)
- Fruit juices without pulp, such as apple or white grape, lemonade
- Carbonated drinks, including dark sodas (cola and root beer)
- Gelatin – (NO RED, ORANGE OR PURPLE)
- Tea or coffee without milk or cream
- Sports drinks (NO RED, ORANGE OR PURPLE)
- Clear, fat-free broth, chicken or beef (bouillon or consommé)
- Honey or sugar
- Ice pops without milk, bits of fruit, seeds or nuts (NO RED, ORANGE OR PURPLE)

2. Between 5-7:30 p.m., drink a 10oz bottle of Magnesium Citrate. You may pour this over ice or mix it with 7-Up. If you are unable to tolerate the Magnesium Citrate and/or are experience vomiting discontinue drinking the Magnesium Citrate and proceed the NuLYTELY.

3. One hour later mix the NuLYTELY as directed. Mix as directed on bottle. Can Refrigerate after thoroughly mixed. Drink 2 liters (HALF) of the NuLYTELY, an 8 oz. glass every 10-15 minutes.

ON THE DAY OF PROCEDURE:

1. Start at _____ 5 HOURS before your arrival time, (***)add in driving time if coming from out of town).

2. Please begin drinking the last 2 liters of the NuLYTELY, an 8oz. glass every 10-15 minutes until gone. It is very important that you drink all the NuLYTELY. It is also very important to drink each glass more rapidly than sipping small amounts at a time.

3. Take your essential medications (such as, heart, hypertension, asthma, or seizure meds) one hour before or two hours after drinking the NuLYTELY.

4. You may use yellow or white hard candy or gum while drinking the NuLYTELY to help with the taste but stop chewing gum or sucking on candy 2 hours prior.

5. You may have small sips of water up until two hours before your procedure.

PLEASE BRING THE FOLLOWING TO YOUR PROCEDURE:

1. Insurance Cards and Photo ID

2. Medication List

3. A DESIGNATED DRIVER: You will need to arrange for a ride home after the procedure from a friend or family member. We do not allow rides from public transportation due to concerns for your safety.

WE STRONGLY RECOMMEND THAT YOU LEAVE ALL VALUABLES AT HOME

BILLING: You may receive 3 separate billing statements from the following

- Gem State Endoscopy - Facility Fee

- Clearwater Gastroenterology - Physician Fee

- Pathologist Regional Lab - Specimen Fee (only if specimen's were obtained during your procedure)