



Dr. Sarah Y Boostrom, MD, FACS
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469-800.4770
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ColonRectalSurgeryNT.com

Your colonoscopy is scheduled_____. You should check into the facility below at_____ For your colonoscopy.

Baylor Surgicare at Plano

1701 Ohio. Dr.

Plano, TX 75093

214-291-3000

North Central Surgical Center

9301 North Central Expwy, Ste. 670

Dallas, TX 75231

214-265-2832

NULYTELPREP

Please follow these instructions to prepare:

♦♦ For SEVEN DAYS prior to surgery, NO ASPIRIN PRODUCTS. You may take Tylenol.

**if you are a diabetic or on blood thinning medication such as Plavix, Aspirin, Coumadin, Motrin, Nuprin, Advil or

Other anti-inflammatory drugs, inform the doctor NOW.

*Prep has been called into your pharmacy.

Starting in the morning the day before your colonoscopy: (You can have breakfast if you are not constipated)

1. Begin a clear liquid diet. This consists of items such as tea, coffee, clear sodas, clear broth, plain jello, apple juice, white cranberry juice, white grape juice, hard candy, and Ensure. Nothing red or purple. No dairy.
2. Mix your Nulytely solution and place it in the refrigerator to chill.
3. Starting at 6:00 pm drink 1 eight (8) ounce glass of Nulytely every 10-15 minutes until it is gone.
4. Have nothing to eat or drink (including water) after midnight until after your colonoscopy is completed. (If your scope is later in the day, you may have clear liquids up until 3 hours prior to your colonoscopy.)

The day of your colonoscopy:

1. You may take your usual medications with a small amount of water.
2. No Breakfast.
3. Someone will need to come with you to drive you home.

If you have any questions, please call 469-800-4770.