

**ONE WEEK BEFORE THE PROCEDURE**

1. Determine who will handle your car to go to the procedure
2. Buy 1 BOX of NULITELY BIS
3. Buy a box of Liberan tablets.

**ONE DAY BEFORE THE PROCEDURE**

- **In the morning:**
  - Eat a light breakfast, you can have cereal and milk (no nuts)
  - You can drink orange juice (no pulp), coffee or tea.
- **At noon:**
  - Lunch: soft diet. Is allowed to eat soup without vegetables, tea or mineral water.
- **In the afternoon:**
  - Do not eat any meal.
  - At 2 pm take 2 tablets of Bisacodilo 5 mg (ASOBIXA)
  - At 8:00 PM prepare 1 liters of Nulitely (1 on each liter of water) and take a glass of the Nulitely preparation every 15 minutes to finish 1 liters upon completion take 2 tablets of Liberan (simethicone)
- **In the evening:**
  - Tips to prevent irritation of the peri-anal area.
    - Manage the perianal area with vaseline before the first evacuation.
    - Use cotton to clean the perianal area

**THE DAY OF THE PROCEDURE:**

- **If your procedure is scheduled before 12 pm.**
  - At 5:00 a.m.: Take 1 liters of Nulitely Bis (one glass every 15 minutes).
  - Upon completion take 2 Liberan tablets (Simethicone)
- **If your procedure is scheduled after 12 pm.**
  - At 9:00 a.m.: take 1 liters of Nulitely Bis (one glass every 15 minutes).
  - Upon completion take 2 Liberan tablets (simethicone)
- Blood pressure or heart medications, can be taken in the morning. **IF YOU HAVE DOUBT, SEND A WHATSAPP MESSAGE TO THE ENDOSCOPIST: + 52 9841136147**

**Dr. Javier Uc Contreras.** Cédula 3174716

Especialista en Cirugía Gastrointestinal y Endoscopia.

Certificado por: Consejo Mexicano de Cirugía y Consejo Mexicano de Gastroenterología.

+ UC Endoscopy Center: Prolongacion Av. Colosio No. 340 entre Av. Montes Azules y Av. Sian Kaan Frac. Bosque Real  
Playa del Carmen Q.Roo Tel. 984-1092152

 (984) 113 6147

drjavier.uc@ucendoscopy.mx

www.ucendoscopy.mx