

NuLyteLy Preparation Instructions

THE NIGHT BEFORE YOUR COLONOSCOPY:

- You may **not** have any **solid food**. Drink **ONLY clear liquids**. A clear liquid is any liquid that you can see through. The more liquids you consume, the better the cleansing.

Clear Liquid:

- Gatorade, Pedialyte or Powerade Clear Broth or Bouillon
- Coffee or Tea (No Milk or Non-Dairy Creamer)
- Carbonated/Non-Carbonated Drinks
- Kool-Aid or Other Fruit-Flavored Drinks Strained Fruit Juices (No pulp)
- Jell-O, Popsicles, Hard Candy

Not Clear Liquid:

- No red or purple items of any kind*
- No alcohol*
- No milk or non dairy creamers*
- No noodles or vegetables in soup*
- No juice with pulp*
- No liquid you cannot see through*

- At 6 p.m., take 8 oz. of NuLyteLy every 15 minutes until one-half gallon is finished. If prep doesn't begin to work in 1 hour, slow down to every 30 minutes. Refrigerate the remaining preparation.
- 5 Hours before your scheduled procedure take the remaining one-half gallon of the NuLyteLy preparation, 8 oz. every 15 minutes until finished.
- Nothing by mouth after the preparation is finished.

DAY OF YOUR COLONOSCOPY:

- You may take your morning blood pressure medication as usual with a slight sip of water. Blood thinners and diabetes medications: follow doctors specific instructions for the day before and morning of your procedure. You are ready for the exam if you followed all instructions and your stool is no longer formed, but clear or yellow liquid.
- Bring your medication reconciliation sheet with you. If one was not provided, bring a list of medications you currently take, including the dosage of these drugs, and the last time you took them.
- Bring your insurance card, license and co-pay.
- All females under the age of 50 will be asked to provide a urine sample prior to the procedure.
- An adult person must drive your home from your procedure. You will be given medications to sedate you during the procedure and you will be unable to drive home. Upon check-in, if your ride is not staying you will be asked to provide their cell phone number. Your ride will receive a phone call 20 minutes before you are discharged. Driving an automobile is not allowed after the procedure for the remainder of the day. Even though you may not feel tired, your judgment and reflexes may not be normal.