

NULYTELY or GOLYTELY

It is IMPORTANT that you read these instructions well in advance and follow them completely to ensure a successful exam. It is critical for you to thoroughly clean out your colon. Stool remaining in the colon can hide polyps or other abnormalities.

WHAT YOU WILL NEED:

Fill your prescription for Nu-lytely or Golytely several days before your procedure.

	DAY BEFORE your procedure	DAY of your procedure
DIET	<ul style="list-style-type: none"> • NO SOLID FOOD THE ENTIRE DAY • NO ALCOHOL or any recreational drugs • Drink clear liquids all day such as water, sport drinks, tea or black coffee (no milk or cream), broth, apple or white grape juice, soda¹s, jello, or popsicles. NO red or purple 	<ul style="list-style-type: none"> • You can drink clear liquids up to <u>4 hours</u> before your appointment. • No gum, candy or breath mints within <u>4 hours</u> of your appointment. • Do not use any form of tobacco products <u>4 hours</u> before your test • Medications may be taken <u>4 hours</u> before your appointment. • Remove contacts lenses, and all body piercings.
PREP	<u>Procedure scheduled before 1:00 pm:</u>	
	<ul style="list-style-type: none"> • Drink clear liquids throughout the day. • In the morning, mix Nulytely or Golytely and refrigerate. • At 4:00pm start drinking the bowel prep, one 8 oz. glass every 10-15 minutes until gone. 	
	<u>Procedure scheduled at or after 1:00 pm:</u>	<u>Procedure scheduled at or after 1:00 pm:</u>
	<ul style="list-style-type: none"> • Drink clear liquids throughout the day. • In the morning, mix Nu-lytely and refrigerate. • At 4:00pm start drinking the bowel prep, one 8 oz. glass every 10-15 minutes until 3/4 of the container is gone. This will take 4 hours. 	<ul style="list-style-type: none"> • At _____ (5 hours prior to your arrival time), drink the remaining 1/4 of the prep, one 8 oz. glass every 10-15 minutes. Should be gone in 1 hour.

TIPS: Colder fluid will be tolerated better. Pour over ice and sip with a straw. If you become bloated or nauseated take prep Slower (every 30-60 minutes).