



TC1 Test 01/01/1952

## NuLytely Constipation AM - Colonoscopy Preparation Instructions

**Appointment Date: Check In Time: Procedure Performed by:**

### You will need:

- **NuLytely** (TriLyte) prep. This was sent to your pharmacy at the time you scheduled your procedure.
- You will also need:
  - Dulcolax** (Bisacodyl) laxative (2) 5mg tablets.
  - Magnesium Citrate** One 10oz. bottle of (No Red).Both are available in the laxative section of your pharmacy.

**Special Medication and Diabetic Directions: See separate instructions.**

### One week before

Stop taking iron pills, vitamins or herbal supplements in the pill form.

Take your usual prescription medication during prep unless told not to. Aspirin, Ibuprofen and Tylenol are OK if needed.

Avoid foods with seeds (flax seeds, popcorn, nuts and berries). They clog the colonoscope.

### Two days before

Stop taking fiber supplements: Metamucil, Citrucel, etc.

**Begin clear liquid diet.** You may have: water, coffee, tea, (No milk or creamers) clear fruit juices without pulp or cloudiness, soda pop, Gatorade, chicken bouillon, popsicles, and JELL-O.

Avoid the color **red** in all liquids. Avoid alcohol.

**5:00 pm:** Drink the 10 oz. bottle of Magnesium Citrate (No Red) followed by a full glass of water.

**Bedtime Take 2 Dulcolax tablets** with a glass of water. (Do not chew or dissolve tablets)

### 1 Day before your colonoscopy

**Continue clear liquid diet all day.**

**NO SOLID FOOD.**

Stay extremely close to your restroom from this point on.

Choose 1 flavor packet from the NuLytely container, and empty it into the container. Fill with lukewarm water to the fill line and put in the refrigerator to chill.

**3:00 pm: Drink half of the NuLytely** over 2 to 3 hours (one glass every 10 to 15 minutes). You may use a straw.

Nausea and fullness is common until the laxative starts to work. If you vomit during the prep wait 30 minutes, try again, and go slower.

**7:00 pm: Drink the remaining half** of the NuLytely over 2 to 3 hours. You must finish entire gallon so we do not miss any polyps.

### Day of your colonoscopy **\*DO NOT EAT OR DRINK WITHIN 2 HOURS OF YOUR PROCEDURE!\***

Take your regular morning medications at least 4 hrs before your check in time.

**DO NOT put ANYTHING in your mouth the 2 hours before your procedure.**

This includes but is not limited to: bowel prep, medication, hard candy, chewing gum and chewing tobacco.

**No Food. No Drink. 2 hours.**

**If these instructions have not been followed your appointment may be delayed or cancelled.**

If you received these instructions by email, you will also receive an attachment with additional important information.