



TC1 Test 01/01/1952

NuLyately PM - Colonoscopy Preparation Instructions

Appointment Date: Check In Time: Procedure Performed by:

- Your NuLyately (TriLyte) prep. This was sent to your pharmacy at the time you scheduled your procedure.
- Optional for those with constipation:
Dulcolax (Bisacodyl) laxative 5mg tablets 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.

Optional: If you are generally constipated, you should take 2 (5mg) Dulcolax tablets at bed time.

1 Day before your colonoscopy

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.

NO SOLID FOOD.

Stay extremely close to your restroom from this point on.

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

4:00 pm: Drink half of the NuLyately 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.

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

Take your regular morning medications at least 2 hours before your check in time.

6:00 am: Drink the remaining half of the NuLyately over 2 to 3 hours. You must finish drinking entire gallon at least 4 hours before you leave for your appointment.

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