

NuLytely Constipation PM - Colonoscopy Preparation Instructions

Appointment Date: Check In Time: Procedure Performed by:

You will need:

- **NuLytely** (Gavilyte) prep. This was sent to your pharmacy at the time you scheduled your procedure. *Please contact our office if the prescription is not covered or has a high cost*
- You will also need:
 - **Miralax (polyethylene glycol)** - 34 grams - It is available over the counter in the laxative section.
 - GasX or Simethicone gas relief capsules. Purchase over-the-counter. You will need 4 of these.

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.

When you awake, begin Clear Liquid Diet. No Solid Food. You may have: water, coffee, tea, (No milk or creamers) clear fruit juices without pulp or cloudiness, soda pop, Gatorade, chicken bouillon or clear broth, popsicles, and JELL-O.

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

5:00 pm: Mix 34 grams of Miralax (polyethylene glycol) in 16 ounces of water and drink.

1 Day before your colonoscopy

Continue Clear Liquid Diet. 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.

4:00 pm: Drink half of the NuLytely over 2 to 3 hours (one glass every 10 to 15 minutes). You may use a straw.

Take 2 GasX pills.

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 - **Continue Clear Liquid Diet. No Solid Food.**

Take your regular morning medications at least 2 hrs before your check in time. Please do not take any narcotics or controlled substances, which includes some anxiety medications until after your procedure.

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

Take 2 GasX pills.

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.

You also need to arrange for an **adult driver** that is able to walk on their own, help you in and out of a car, drive you home and remain with you for 6 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..