

Nulytley/Colytely/Golytely Colonoscopy Preparation

Please read these directions thoroughly one week before your procedure

REMEMBER: The preparation is very important. An adequate clean out allows for the best evaluation of your entire colon. During the prep, using baby wipes or Desitin may ease some of your discomfort.

You should NOT plan on working or driving the rest of the day following your procedure due to the sedation you will receive.

Diabetics should review our instruction supplement and notify your primary physician to discuss medication adjustments. Do not become overly concerned if your blood sugars are slightly elevated as this will be temporary during your prep only.

Purchase:

1. **Nulytely** (prescription only)
2. **DULCOLAX** four(4) 5 mg tablets

The DAY BEFORE your colonoscopy:

Clear Liquids Only

Do not eat solid food that prior, including breakfast.

Drink only clear liquids.

Examples of clear liquids: Water, clear fruit juices such as apple or white grape, chicken or beef bouillon, jello (no RED or PURPLE), clear Gatorade, popsicles (**no RED or PURPLE**), clear soft drinks, coffee without cream or sugar.

NO MILK OR MILK PRODUCTS. NO ORANGE JUICE. NO RED OR PURPLE JELLO OR JUICES.

Mix the Nulytely as directed.

2PM: Take 2 DULCOLAX tablets

3 PM: Start drinking the Nulytely solution. Drink an 8 oz glass every 10-15 minutes until the solution is gone.

7 PM: Take 2 DULCOLAX tablets.

NOTHING BY MOUTH AFTER MIDNIGHT.

The DAY OF your colonoscopy:

You may take any necessary medications with a sip of water.

Call your physician if you have not had a liquid stool 4 hours prior to the procedure.

Diabetics should take 1/2 of their am Insulin dose.