

**WAKE FOREST ENDOSCOPY CENTER
NULYTELY/COLYTE EVENING BEFORE DOSE (ONE DAY)
PREPARATION FOR COLONOSCOPY**

You will need to drink a laxative solution called NULYTELY to clean your colon. You must complete the entire prep to ensure the most effective cleansing.

PRIOR TO YOUR PROCEDURE YOU WILL NEED TO PURCHASE:

- 1 Gallon of Nulytely. (prescription enclosed)
- 1 Reglan tablet (Metoclopramide) or 2 -Zofran tablets (Ondansetron) OPTIONAL
- 2 Dulcolax (Bisacodyl) tablets (over the counter, no prescription required)

***BE SURE TO LET THE NURSE KNOW IF YOU ARE ON COUMADIN, WARFARIN, or PRADAXA AS SOON AS POSSIBLE**

**5 days prior to your procedure, stop oral iron supplements. Please avoid sesame seeds and nuts

***Diabetic medication adjustments: Day before procedure, take your normal AM insulin and/or oral medications. Take ½ of pm insulin dose, NO oral diabetic medication. Day of procedure: do not take any diabetic medications until after the procedure.

DAY BEFORE PROCEDURE: _____

Drink clear liquids only for all snacks and meals. **NO SOLID FOODS** or milk products. **Clear liquid diet:** coffee, tea, soft drinks, Jell-O, clear broth, popsicles, clear fruit juices, Gatorade, water, Snapple, powdered juices. Avoid red or purple liquids

***Important note: staying well hydrated during this prep is extremely important. Force fluids all day prior to and after beginning the bowel prep. **Nothing to drink AFTER midnight.**

1. Add water to “fill line” of Nulytely/Colyte container. Mix until powder is dissolved and refrigerate.
2. **At 2 PM:** take both Dulcolax tablets.
3. **At 4:30 pm:** take Reglan (optional) the prep may cause nausea and sometimes vomiting. Reglan taken in advance of the prep should reduce nausea and vomiting.
4. **At 5:00 pm:** drink 8 ounces of Nulytely/Colyte. Drink 8 ounces every 15 minutes. When you have finished drinking half of the container you may stop. Place remaining liquid in refrigerator for later.

*If you experience nausea and or bloating, slow down drinking the prep, space interval to 20-25 minutes.

*Do not plan to go out anywhere after you have started drinking the prep. The prep will cause diarrhea to cleanse your bowel for the procedure.

*You may wish to use baby wipes rather than toilet tissue to protect your rectum from irritation

5. **At 8:00 pm:** Repeat step 4 above with the remaining liquid until gone. You may continue to drink clear liquids until MIDNIGHT. **NOTHING TO EAT OR DRINK AFTER MIDNIGHT**

Please take all regularly scheduled medications with a small amount of water.

If you use inhalers, please bring them with you

If you use a CPAP or VPAP machine, you are required to bring it with you

**YOU WILL BE SEDATED FOR THIS PROCEDURE AND WILL REQUIRE AN ADULT TO DRIVE YOU HOME.
YOUR DRIVER WILL BE REQUIRED TO STAY AT THE FACILITY DURING YOUR PROCEDURE.**

Your procedure is scheduled with Dr. _____

Date of Procedure _____ Location _____

Arrival Time _____ Procedure Time _____

If you have any questions, please call your physician.