

**NULYTELY/COLYTE PM/AM DOSE (TWO 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)
- 2 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 5:30 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 6:00 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

DAY OF PROCEDURE: _____ **STARTING AT** _____ **AM**

1. **Repeat step 4 above** (at least four hours before your scheduled arrival time). You may take the second Reglan tablet 30 minutes before you start drinking the liquid.

Do not drink anything after you have completed the prep.

Please take all regularly scheduled morning 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.