

## NuLytely Colonoscopy Preparation

### The day before the procedure:

1. In the morning, prepare your flavored NuLYTELY solution according to the instructions on the package and refrigerate.
2. Drink only clear liquids for breakfast, lunch, and dinner. Solid foods, milk or milk products are not allowed. As a general rule, if you can see your fingers through a glass of liquid, that liquid is OK to drink. Red-colored liquids are not OK to drink because they can look like blood during the examination of your colon.

### Clear liquids include:

<ul style="list-style-type: none"><li>• Water</li><li>• Gatorade</li><li>• Ice Popsicle</li><li>• Clear broth or bouillon</li><li>• Kool-aid or other fruit flavored drinks</li></ul>	<ul style="list-style-type: none"><li>• Carbonated and non-carbonated soft drinks Plain Jell-O (without added fruits or toppings)</li><li>• Coffee or tea (without milk or non-dairy creamer)</li><li>• Stained fruit juices without pulp (apple, white grape, lemonade)</li></ul>
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3. At 6 PM., begin drinking NuLYTELY as instructed: 8 ounces every 10-15 minutes until the bottle is empty. (For most patients rapidly drinking a glassful is better than sipping an ounce or two at a time.) You will have consumed several glassfuls before having the first loose, watery bowel movement. Initially, you may feel slightly bloated, but will become more comfortable as you continue to have bowel movements. It will take approximately 3 hours to finish the solution. Diarrhea will continue for at least 1 hour after you finish drinking the solution.

### The day of the procedure:

1. Do not eat anything until after your examination. No Liquids allowed after midnight, or 8 hours prior to your scheduled procedure.
2. You must be accompanied by a friend or relative to drive and/or assist you home.

3. You may take your usual medications unless instructed otherwise. However, DO NOT TAKE ANY aspirin, aspirin containing products, anti-inflammatory drugs, ibuprofen, Motrin, Voltaren, Naprosyn, Alieve, Anaprox, Indocin, arthritis medications, ginkgo or vitamin-e one week prior to this procedure. Please inform your doctor immediately if you are taking any of these drugs.