

PREPPING FOR YOUR COLONOSCOPY WITH NULYTELY

CLEAR LIQUID DIET THE ENTIRE DAY PRIOR TO YOUR PROCEDURE (SEE PAGE1)

The morning prior to your procedure:

- After your morning liquid breakfast, take 4 Dulcolax laxative tablets

The evening prior to your procedure:

6:00 pm:

- Mix the prep solution by adding water to the fill line.
If you prefer to drink it cold, mix and refrigerate approximately 4 hours prior.
- Drink 8 ounces of the solution every 15 minutes for a total of 10 glasses.
If you get full or nauseated, stop drinking the prep and drink at your own pace. You have all evening to drink the prep, the goal is to finish the entire 10 glasses. You can also take a 30 minute break after 8 glasses.
- It will take approximately 3-4 hours to finish this dose.
½ hour after you finish drinking the prep, drink at least 4 glasses of clear liquid to remain well hydrated until the second part of the prep

The day of the procedure:

5 Hours Prior to Procedure:

- Repeat same as 1st dose until entire gallon is gone.
- You will need to finish drinking the prep 2 – 2 ½ hours before your procedure arrival time.
You can sip the prep slowly over 2-3 hours if you cannot tolerate drinking it as instructed above.
- ½ hour after you finish drinking the prep, drink at least 4 glasses of clear liquid to remain well hydrated.

NOTHING by mouth 4 hours before your procedure time, INCLUDING WATER!

***IMPORTANT-** Please note that females of childbearing age or 55 and under will be required to provide a urine sample for a pregnancy test at the time of check-in. If you are unable to provide a urine sample the procedure will be canceled.*

Excellent or good bowel preparation is essential for correct diagnosis and further endoscopic management. Below are examples of prepping for your colonoscopy correctly and the results this has on the visibility by the physician during your colonoscopy. The end goal is for your bowel movements to be clear to clear yellow.

- Example A shows excellent or good bowel preparation
- Example B shows fair colon preparation
- Example C shows poor colon preparation

