

Nulytely (polyethylene glycol electrolyte solution) Bowel Prep Instructions

Nulytely is a bowel prep used to help clean out your bowels before a colonoscopy. You complete a full course of this treatment by drinking a gallon of Nulytely. When you start drinking the Nulytely depends on what time your colonoscopy is scheduled for the next day.

10 Days Before Your Colonoscopy

- Your doctor gave you a prescription for Nulytely. Please fill this prescription 10 days before your colonoscopy.

7 Days Before Your Colonoscopy

- **STOP** taking all vitamins, iron, herbal supplements, fiber supplements, and fish oil pills.
- Make a plan with a driver who can take you to and from your colonoscopy appointment.
 - Information about this is in the *Reminders for Your Colonoscopy* section later in this document.
- Have plenty of clear liquids available at home.
 - Information about this is in the *Clear Liquid Diet* section later in this document.

3 Days Before Your Colonoscopy

- Start a low-fiber diet.
 - Information about this is in the *Low-Fiber Diet* section later in this document.

1 Day Before a Colonoscopy Scheduled BEFORE 12:00 PM (noon)

- Start a clear liquid diet. You may only have clear liquids the day before your colonoscopy. You are **NOT** allowed to have any solid foods, milk, or milk products.
- In the morning, mix the Nulytely with water to the fill line. Put the mixture in the refrigerator.
- Start drinking the Nulytely between 12:00 PM (noon) and 2:00 PM the day before your colonoscopy.
- Drink an 8 ounce (oz.) glass of Nulytely every 15 to 20 minutes. Do this until you have finished the entire gallon.
- You may take a break from the Nulytely for 1 to 2 hours if you have extreme nausea or bloating.

- Continue to drink other clear liquids. This will help the Nulytely clear your bowels. The more clear liquids you drink, the better the Nulytely will work.
- Stay close to a bathroom. Cleaning your colon causes diarrhea. The time it takes for bowel prep to start working is different for everyone. In most cases, it takes between 30 minutes and 3 hours.
- Do NOT eat or drink anything after midnight.

1 Day Before a Colonoscopy Scheduled AFTER 12:00 PM (noon)

- Start a clear liquid diet. You may only have clear liquids the day before your colonoscopy. You are **NOT** allowed to have any solid foods, milk, or milk products.
- Around 12:00 PM (noon), mix the Nulytely with water to the fill line. Put the mixture in the refrigerator
- Start drinking the Nulytely between 4:00 PM and 6:00 PM the day before your colonoscopy.
- Drink an 8 ounce (oz.) glass of Nulytely every 15 to 20 minutes. You need to finish half ($\frac{1}{2}$) of the gallon before bed. The next section of this document will go over the instructions on when you are to finish the Nulytely.
- You may take a break from the Nulytely for 1 to 2 hours if you have extreme nausea or bloating.
- Continue to drink other clear liquids. This will help the Nulytely clear your bowels. The more clear liquids you drink, the better the Nulytely will work.
- Stay close to a bathroom. Cleaning your colon causes diarrhea. The time it takes for bowel prep to start working is different for everyone. In most cases, it takes between 30 minutes and 3 hours.

The Next Day - for patients scheduled AFTER 12:00 PM (noon) only

- Wake up early the next day and drink the other half ($\frac{1}{2}$) of the Nulytely gallon over 2 to 3 hours.
- You need to finish all of the Nulytely at least 4 hours before your colonoscopy is scheduled.
- You are on a clear liquid diet, but you may NOT have any fluids other than the Nulytely for 5 hours before your colonoscopy.
- You may only have small sips of water to take medications if your doctor has told you to do so.

Reminders for Your Colonoscopy

- Please call the office if your stool is not clear, light, or yellow after finishing the bowel prep.
- You must have a driver for your colonoscopy. This is for your safety since you will be getting sedation. Your driver needs to be over the age of 18. Your driver will take you to your appointment and drive you home. If you are taking public transportation or using a rideshare like Uber or Lyft, you must also have a responsible adult over the age of 18 with you.
- You may brush your teeth before your colonoscopy, but be careful **NOT** to swallow any liquids.
- Remember to follow the directions of when to stop eating or drinking before your colonoscopy. This includes **NOT** having any water, gum, hard candy, or chewing tobacco.
- Bring a list of your current medications and allergies.
- Bring your insurance cards and driver's license or picture ID with you.
- Wear comfortable clothing and shoes.
- You may wear your dentures, hearing aids, and glasses. If you wear contacts, please bring a case with you. You will need to remove contacts before your colonoscopy.
- Please leave all jewelry at home.

Low-Fiber Diet

You will need to start a low-fiber diet 3 days before your colonoscopy.

You may have the following on a low-fiber diet:

- Cooked red meat, fish, or poultry (**without** skin)
 - Eggs
 - Tofu
 - Dairy products (as long as they **don't** have fruit or nuts)
 - Ice cream
 - Cottage cheese
 - Yogurt
 - Well-cooked vegetables that **don't** have skins or seeds
 - Canned or cooked fruits with **no** skin or seeds
 - Applesauce
 - Peaches
 - Pears
 - Apricots
 - Apples
 - Ripe bananas
 - Juices
 - Fruit juices **without** pulp
 - Kool-Aid
 - Hi-C
 - Gatorade
 - Powerade
 - Refined white breads
 - White rice or white pasta
 - White crackers
 - Saltines
 - Nilla Wafers
 - Animal Crackers
- } Do NOT eat or drink anything
red, orange, or purple!

You may NOT have any of the following on a low-fiber diet:

- **NO** whole grains like bran, oatmeal, and brown rice
- **NO** whole wheat pasta
- **NO** whole wheat or whole-grain breads or crackers
- **NO** deli meat, cold cuts, salami, or hot dogs
- **NO** foods that have nuts or seeds like peas, beans, okra, or tomatoes
- **NO** raw vegetables
- **NO** raw fruit
- **NO** foods that cause gas like Brussels sprouts, broccoli, and cauliflower (raw or cooked)
- **NO** corn
- **NO** popcorn
- **NO** granola
- **NO** lentils, split peas, or beans
- **NO** berries
- **NO** dried fruits like prunes, raisins, or figs

Clear Liquid Diet

You will need to follow a clear liquid diet the day before your colonoscopy.

Do **NOT** drink anything after midnight if your colonoscopy is before 12:00 PM (noon) the next day.

Do **NOT** drink anything other than the Nulytely 5 hours before your colonoscopy if it is scheduled after 12:00 PM (noon).

You may have the following on a clear liquid diet:

- Clear broth or bouillon (without food particles, seasonings, or noodles)
 - Chicken broth
 - Vegetable broth
 - Beef broth
- Ice popsicles
- Italian/fruit ice
- Plain Jell-O
- Sorbet
- Hard candies
- Sports drinks
 - Gatorade
 - Powerade
 - Propel
- Tea and coffee (without cream or milk)
- Soda
- Clear juice (without pulp)
 - White cranberry juice
 - White grape juice
 - Apple juice

Do NOT eat or drink anything
red, orange, or purple!

You may NOT have any of the following on a clear liquid diet:

- **NO** red, orange, or purple
- **NO** solid foods
- **NO** dairy products
- **NO** alcohol