

## NULYTLEY Prep Instructions for Colonoscopy

**COLONOSCOPY** - procedure performed to help identify and/or correct a problem in the colon. You will be sedated before an endoscope is inserted through the anus and gently moved around the bends of the colon. The procedure usually takes 30-60 minutes.

**To obtain the full benefit of the procedure, the colon must be free of stool. Please closely follow the following instructions:**

### **STOP –**



taking All Fiber Supplements (Metamucil, Citrucel, Fiber-con, Benefiber, Konsyl, etc.) **ONE WEEK** prior to the procedure. You may resume taking fiber supplements after the procedure.



taking Coumadin **FIVE DAYS** prior to the procedure. If you have any questions, please contact your prescribing physician.



taking Plavix **SEVEN DAYS** prior to the procedure. If you have any questions, please contact your prescribing physician.

### **IF YOU HAVE DIABETES –**

- Oral medication: **DO NOT** take the morning of the procedure.
- Insulin: **Reduce** the morning dose by **half**, the morning of the procedure.

### **Day prior to the procedure:**

1. Begin a clear liquid diet that morning and continue through the day. This consists of coffee and/or tea with artificial sweeteners **ONLY – (NO milk, cream, or sugar)**. Diet Sodas, beef and/or chicken broth, sugar-free jello and popsicles. **(AVOID red and purple food coloring.)**  
**\*\*\*If you are diabetic, have white grape juice available if you feel your blood sugar is dropping to low.**
2. Beginning at **5 pm** –
  - Step 1: Tear open one flavor pack of choice and pour into the Nulytely bottle. Solution can be used with the flavor packs or you **may** use a Crystal Light flavor pack. **(AVOID red and purple liquids.)** Add drinking water to the “fill” line on the bottle. Shake to dissolve. You may mix the solution ahead of time and refrigerate prior to drinking. The solution must be consumed within 24 hours of mixing.
  - Step 2: Drink 1, 8 ounce glass every 10 to 15 minutes until the solution is completely gone. **DO NOT** sip the solution. **Drink each glass very quickly.**
3. **DO NOT** eat or drink anything after midnight except for a small sip of water when taking medications such as Blood Pressure, Heart, Thyroid or Seizure medications.