



SURGICAL ASSOCIATES

Patient Education

NuLYTELY 2-Day Prep

Two (2) days before your colonoscopy — Date: _____

NO SOLID FOOD from now until your procedure is done.

Begin a clear liquid diet (other side). Drink at least 8 (240 ml) glasses of water or clear liquids during the day to avoid dehydration.

- Mix your prep solution with lukewarm water. You may chill it for at least 5 hours to make it easier to drink, or you can drink it at room temperature.
- Between 5 and 6 p.m.: drink one (1) 8-ounce glass of NuLYTELY, GoLYTELY or Colyte solution and continue drinking one (1) 8-ounce glass every 15 minutes until 2 liters (64 ounces) of the prep solution is gone.
- Stay near a toilet. You will have diarrhea.

The day before your colonoscopy — Date: _____

Continue the **clear liquid diet** throughout the day.

- At **8 a.m.** drink one (1) 8-ounce glass of PEG/Electrolyte-Generic, NuLYTELY, GoLYTELY or Colyte solution and continue drinking one (1) 8-ounce glass every 15 minutes until 2 liters (64 ounces) of the prep solution is gone.
- Between **5 p.m.** and **6 p.m.** start drinking another 2 liters (64 ounces) of the prep solution over the course of two (2) hours.

Note: Please stay home once you have started your prep. Using moist towelettes or wipes may help to minimize discomfort during the colonoscopy prep.

Your stool should eventually appear like yellow-green liquid (like Mountain Dew), and you should be able to see through to the bottom of the toilet. There may be some flecks of mucous streaks on the bottom, which is normal.

If your stool is **not** clear the morning of your procedure, please contact the procedure center at **715-843-1019** as they may have you come in a little earlier that day.



You may drink clear liquids (without red or purple coloring) until midnight including:

- Water and mineral water
- Any fruit juices without pulp (i.e. apple juice)
- Jell-O
- Diet or regular soda
- Diet or regular Kool-Aid
- Gatorade, Powerade or Propel
- Popsicles
- Clear broth or bouillon
- Coffee or tea without cream

Note:

1 ounce = 30 mLs

64 ounces = 1920 mLs

Your jug of NuLYTELY is 4000 mL; there will be about a ½ jug left

You may take your medications with a sip of water the day before your procedure.

Consult your physician about taking medications the day of the procedure.

If you are **diabetic** and are concerned about your blood sugars, you may take Boost or Ensure (without fiber) the day before the exam (up to a maximum of three cans/containers).

Day of procedure / Date: _____ **Arrival time:** _____

Due to the sedative medications that are given to you during your procedure, **you cannot drive home**, and you should have someone stay with you at home after your procedure for your safety.

If the physician removes polyps or takes biopsies, do not take Aspirin, Aleve, Ibuprofen or Vitamin E for one week after your procedure.

The physician will talk to you after your procedure. Due to the sedative medication, you may not remember talking to him/her.

If you have any questions, call your physician at 715-847-2022.