

NuLyately Constipation AM - Colonoscopy Preparation Instructions

Appointment Date: Check In Time: Procedure Performed by:

You will need:

- **NuLyately** (Gavilyte) prep. This was sent to your pharmacy at the time you scheduled your procedure. *Please contact our office if the prescription is not covered or has a high cost*
- Please follow these instructions and not what is included with your prep kit.
- **Magnesium Citrate** - One 10oz. bottle (No Red). This is available over the counter in the laxative section.
- **Gas-X Extra Strength tablets/capsules/chewable** (Ok if tablets are pink) or generic equivalent (simethicone 125mg). Purchase over-the-counter. You will need 8 of these.

Special Medication and Diabetic Directions: See separate instructions.

One week before

Stop taking iron pills and any oil-based vitamins/supplements (A, D, E, or K, fish oil, etc.) in a pill form. Take your usual prescription medication during prep unless told not to. Aspirin, Ibuprofen, and Tylenol are OK if needed.

Avoid foods with seeds (flax seeds, popcorn, nuts, and berries). They clog the colonoscope.

Avoid marijuana use for 3 days prior to your procedure.

Two days before

Stop taking fiber supplements: Metamucil, Citrucel, etc.

When you awake, begin Clear Liquid Diet. No Solid Food. You may have: water, coffee, tea, (No milk or creamers) clear fruit juices without pulp or cloudiness, soda pop, Gatorade, chicken bouillon (preferred) or CLEAR broth (no oil-based broth, especially Swanson brand), popsicles, and JELL-O.

Avoid the color **red** in all liquids. Avoid alcohol.

5:00 pm: Drink the 10 oz. bottle of Magnesium Citrate (No Red) followed by a full glass of water.

One Day before your colonoscopy

Continue Clear Liquid Diet. No Solid Food.

Stay extremely close to your restroom from this point on.

Add flavor packet to the NuLyately container, and empty it into the container. Fill with lukewarm water to the fill line and put in the refrigerator to chill.

3:00 pm: Drink half of the NuLyately over 2 to 3 hours (one glass every 10 to 15 minutes).

You may use a straw.

Take 4 GasX pills.

Nausea and fullness is common until the laxative starts to work. If you vomit during the prep wait 30 minutes, try again, and go slower.

7:00 pm: Drink the remaining half of the NuLyately over 2 to 3 hours. You must finish the entire gallon so we do not miss any polyps.

Take 4 GasX pills

Day of your colonoscopy - No Solid Food.

Take your regular morning medications at least 2 hrs before your check in time.

No smokeless tobacco/nicotine product of any kind - within 6 hours of your procedure.

DO NOT put ANYTHING in your mouth the 2 hours before your procedure.

No Food or Drink. This includes but is not limited to: bowel prep, medication, hard candy, and chewing gum.

You also need to arrange for an **adult driver** that is able to walk on their own, help you in and out of a car, drive you home and remain with you for 6 hours. They must remain on campus for the duration of your appointment.

If these instructions have not been followed your appointment may be delayed or cancelled. If you received these instructions by email, you will receive an attachment with additional important information.