Nulytely Instructions for Colonoscopy

This procedure is done in the Endoscopy Suite at Pen Bay Medical Center.

Day Before the Exam

On the day before the exam, you may eat a light breakfast. A light meal typically consists of toast. After that, drink only clear liquids starting at 8:00 a.m. Continue to drink clear liquids throughout the day. Clear liquids are those you can “see through.”

Examples include:

- Clear broth or bouillon
- Apple, white grape, or cranberry juice (NO Orange, Grapefruit, or V8 juices)
- Tea or coffee without milk or creamer
- Soft drinks like gingerale, sprite, coke, (No red or purple dyes)
- Sports drinks (Gatorade, Propel)
- Plain Jell-O (2 cups or less) without added fruit or toppings
- Ice Popsicles
- Boost (Chocolate or Vanilla only (up to six cans) the day before your procedure ONLY. (No Boost Plus)

***Absolutely no solid food after 8:00 a.m. the day before your exam***

Mix the Nulytely with water (1 gallon). Fill the container with the correct amount of water. Cap the bottle and shake well to make sure the powder dissolves completely. Do not add any other ingredients to the solution. Once the solution is mixed, place the solution in the refrigerator until time to consume.
You may wish to apply a lubricant to the rectal area, such as Vaseline, prior to starting the laxative to help minimize irritation.

**Between 4:00 - 6:00 p.m. the evening before your exam:** start drinking the Nulytely solution. Drink one 8 oz. glass every 15 minutes until HALF of the Nulytely solution or 64 ounces is gone. In addition to the laxative solution, drink additional clear liquids to help flush the colon and avoid dehydration. Refrigerate the remaining 64 ounces for use the next morning.

**The Day of the Exam**

Starting 4-5 hours before your procedure, drink the remaining 64 ounces of the Nulytely solution. It is very important that you complete the entire bowel preparation to ensure the most effective cleansing.

**DO NOT DRINK ANYTHING 3 HOURS BEFORE YOUR SCHEDULED PROCEDURE FOR ANESTHESIA PURPOSES.**

If you develop nausea and/or vomiting, stop the prep for 45-60 minutes, then resume with smaller and less frequent amounts of the prep. Please attempt to drink all the laxative solution even if it takes you longer. Individual responses to laxatives may vary. This preparation will cause multiple bowel movements, so stay close to the bathroom.

For your procedure, you will need to go to the main entrance of the hospital and check in at the front desk. Afterwards, walk down the hallway to Surgical Care and take a left until you reach the check in area. There will be a waiting area for your driver. After the exam, expect to spend the remainder of the day at home resting.

Please call 301-5970 if you have any questions.