



**Nulytely Prep Warning:**

Some of your medications such as blood thinners (e.g.: Coumadin/warfarin, xarelto, pradaxa, Aggrenox, Plavix/clopidregel) may need to be stopped for a few days before your procedure. At the time your procedure was scheduled, we would have given you specific instructions of how to manage these changes – you would also want to check with the prescribing doctor. If you have questions, please call us (864-7483).

If you are on insulin or other medications for diabetes, please CHECK with your REGULAR physician for specific instructions. Otherwise, take your regular meds and inhalers

**Your Nulytely Colonoscopy prep is as follows:**

1. A prescription for the Nulytely prep solution will be sent to you (or your pharmacy). You can pick it up at any drug store prior to your prep day; however, it is good for only 48 hours once it is mixed.
2. The day before your procedure, STOP ALL SOLID FOOD INTAKE. Begin a clear liquid diet as soon as you get up. Clear liquids are liquid foods that you can see through. This includes water, fruit juices, jello, clear broth or bouillon, Sprite, sport drinks, popsicles etc. **Please consume plenty of clear liquids throughout the day.** Mix your Nulytely prep solution and place in refrigerator.

<p><b>Clear Liquid:</b>  Gatorade, Pedialyte or Powerade  Clear Broth or Bouillon  Coffee or Tea (No Milk or Non-Dairy Creamer)  Carbonated and Non-Carbonated Soft Drinks  Kool-Aid or Other Fruit-Flavored Drinks  Strained Fruit Juices (No pulp)  Jell-O, Popsicles, Hard Candy</p>	<p><b>Not Clear Liquid:</b>  <i>No red or purple items of any kind</i>  <i>No alcohol</i>  <i>No milk or non dairy creamers</i>  <i>No noodles or vegetables in soup</i>  <i>No juice with pulp</i>  <i>No liquid you cannot see through</i></p>
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**Please consume plenty of clear liquids.**

**AVOID:** All solid foods, milk and milk products, and any red or purple items. Limit coffee and tea as they can dehydrate you.

3. At 5:00 p.m., the day before your procedure, drink half of the Nulytely solution. Drink an 8-oz. glass of the solution every 15 minutes until the bottle is half empty. Rapidly drinking a glassful is better than taking many small sips. *Refrigerate the remaining solution.* After you drink the solution, you may have results (the onset of loose bowel movements) within one hour, sometimes not for several hours.

4. If you experience nausea, slow down the rate at which you drink the solution.
5. On the day of your procedure, *starting about FIVE to SIX hours prior to your procedure*, drink the remaining solution. Drink an 8-oz. glass of the solution every 15 minutes until the bottle is empty. You must drink ALL of the prep solution.
6. On the day of your procedure, you may have clear liquids until two hours before your scheduled colonoscopy. If you are scheduled to have general anesthesia (propofol) for your procedure, you stop drinking four hours before your procedure. You would be told this at the time your procedure is scheduled.

Arrive at Fletcher Allen Health Care (FAHC) **ONE HOUR PRIOR to your procedure time**. Check in at the Registration Office in the Main Lobby of the FAHC Ambulatory Care Center. Once you have registered, they will give you directions to the Endoscopy Suite.

You will need someone to drive you home because of the sedation you will receive for your procedure. The hospital will not allow you to leave by yourself or use public transportation.

FAHC Registration Center,  
Main Pavilion, Level 3 (street level)