



NULYTELY/GOLYTELY/GAVILYTE/PEG 3350 BOWEL PREPARATION INSTRUCTIONS

Procedure Location: _____

Procedure Date: _____

Arrival Time/Location: _____

THE DAY BEFORE THE PROCEDURE

You may have a regular breakfast until 11:00 am then remain on clear liquids the remainder of the day. Clear liquids DO NOT include ALCOHOL. Any of the following clear liquids are OK:

- Water
- Strained fruit juices (without pulp) including apple, white grape, or white cranberry
- Gatorade (NO RED, ORANGE, OR PURPLE)
- Diet and regular soft drinks (NO RED, ORANGE, OR PURPLE)
- Coffee or tea (DO NOT use any dairy or non-dairy creamer)
- Chicken broth and/or Beef broth
- Jell-O (NO RED, ORANGE, OR PURPLE) and Popsicles (NO RED, ORANGE, OR PURPLE)

FOLLOW THESE PREP INSTRUCTIONS ONLY – DO NOT FOLLOW THE INSTRUCTIONS ON THE PREP BOX/CONTAINER!

1. At **1:00 pm** – you will need to take two (2) Bisacodyl 5 mg (also known as Dulcolax laxative) tablets. Purchase these over the counter at your pharmacy. If you have some at home, please feel free to use what you have.
2. At **5:00 pm** – start NuLyteLy/GolyteLy/Gavilyte/PEG 3350. Add water to the fill line on the container and mix.
3. After mixing, start drinking one (1) 8 oz glass every 15-20 minutes until stools become clear and watery. PLEASE NOTE THAT MOST PATIENTS DO NOT NEED TO DRINK THE WHOLE JUG OF SOLUTION.
4. Continue drinking approved clear fluids at your own pace until midnight. We recommend you drink as much clear fluids as you can tolerate for better cleansing and to keep you hydrated.

NOTHING BY MOUTH AFTER MIDNIGHT EXCEPT PRE-APPROVED MEDICATIONS. THIS INCLUDES WATER, CHEWING GUM, HARD OR SOFT CANDY, TOBACCO, ETC.

THE MORNING OF YOUR PROCEDURE

- Take only pre-approved medications with a sip of water. Patients scheduled at the hospital should follow the facility’s medication instructions when provided.
- Bring insurance card(s). Leave valuables at home.
- **YOU MUST HAVE an adult family member or friend available to take you to, remain on premises during, and take you home after the procedure.**
- **YOU ARE NOT PERMITTED TO DRIVE 12 HOURS FOLLOWING YOUR PROCEDURE.**

SURGICAL & COLONOSCOPY PROCEDURES CANCELED OR RESCHEDULED WITH LESS THAN 5 BUSINESS DAYS NOTICE WILL INCUR A \$100 FEE