

**INSTRUCTIONS FOR CONSTIPATION SPLIT NULYTELY PREP:
(generic equivalent: PEG 3350, Colyte, Golyely, Gavilyte)**

Obtain from the pharmacy or store:

Three 5mg Bisacodyl (Dulcolax) tablets (sold over the counter)
Nulytely prescription _____ given _____ called to
pharmacy Miralax (Glycolax) you can buy over the counter.

Special Instructions:

- A.** Do not take these medications seven (7) days before your procedure:
1. Iron medications
 2. Pills containing oils such as fish oil, Vitamin E, castor oil (however, if you have taken these medications please stop now and let the physician know at the time of your procedure).
- B.** It is OK to continue to take an aspirin.
- C.** Please notify us if you are a diabetic or are on any blood thinning medications.
- D.** 3 days before prep – No raw vegetables, nuts, seeds, corn, or popcorn. Fruits with skins removed are ok. No bulk agents such as Metamucil or Citrucel. If you inadvertently have eaten anything you shouldn't have, go ahead and proceed with the prep as outlined below but avoid any further foods on this list.

3 days before test:

3 days before the test start taking Miralax (Glycolax). Take 1 dose (17g) in the morning and another dose at night for 2 days (4 doses total).

One day before test:

1. Clear liquid diet all day. Drink **ONLY** clear liquids all day (breakfast, lunch and dinner) Examples: tea, coffee, water, apple juice, cranberry juice (contains no red dye), clear broth, carbonated beverages, popsicles, Jell-O, Hi-C, Gatorade, Crystal Light. **DO NOT DRINK ANY RED LIQUIDS.** (Cranberry juice is OK).

2. In the morning, fill the Nulytely jug with water (distilled, bottled or tap). You may add Crystal Light Lemonade mix to the regular flavored Nulytely if you wish. Shake well and refrigerate.

***4:00 p.m.** Take all 3 Dulcolax tablets at one time.

***5:00 p.m.** Begin drinking Nulytely. Drink 1 glass (6-8 ounces) every 15-30 minutes until you have finished ½ of the gallon. You may pause up to one hour if you become nauseated. Be sure to stay near a restroom.

You may not see results until after your second dose.

Day of procedure:

***5 hours before arrival time** – Drink the other ½ of the gallon of Nulytely, no other liquids. Be sure to finish the gallon of Nulytely completely within 2 hours. You should not drink any liquids within 3 hours of your arrival time.

The goal for your bowel prep is to have clean/see through yellow tinged output. If you are still having solid output, please contact our office the morning of your procedure for further instructions.

My procedure is scheduled on _____ . I arrive at _____ .

You must have a driver who is able to bring you to the procedure and stay with you for the duration of your visit. If your driver must leave for any reason, your procedure will be cancelled.

Please call our office at 815-397-7340 if you have any questions.

After 4:30 p.m. you may call 815-490-5704.

DRIVER MUST STAY