

DIGESTIVE HEALTH CLINIC, LLC  
*Boise Gastroenterology Associates & Idaho Endoscopy Center, LLC*

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**COLONOSCOPY PREPARATION INSTRUCTIONS**  
**Nulytely Preparation for Afternoon Procedure**

Please visit our website at [www.digestivehealthclinic.com](http://www.digestivehealthclinic.com) to view an educational video about this exam.  
**Read these instructions carefully. If instructions are not followed, your colon may not be clean enough for your physician to complete your exam. If you have preparation questions, please call our prep hotline 8am-5pm, Monday-Friday @ 489-1887, or 489-1865.**

**TO PREPARE PURCHASE AT YOUR PHARMACY**

- You will need a prescription for the Nulytely preparation- please call our office to obtain a prescription
- Gatorade, Gatorade 2 or Crystal Light to mix with the preparation. **No liquids that are red or purple.**
- You may want to purchase Tucks pads to help reduce anal soreness during your bowel prep.

**SEVEN DAYS PRIOR TO YOUR PROCEDURE:**

- If you are on **COUMADIN OR OTHER BLOOD THINNERS** you must contact our office to determine when to stop these medications before your procedure.
- You may continue your regular medications except for Coumadin or other blood thinners.
- Please do not take any iron supplements, over the counter vitamins, minerals and herbs until after your procedure.
- If you are **DIABETIC AND ON INSULIN** you must contact our office for specific instructions.

**THREE DAYS PRIOR TO YOUR PROCEDURE:**

- Begin a low fiber diet, (see list below) and stop all fiber supplements (Metamucil, Citrucel, Benefiber).

**THE DAY BEFORE YOUR EXAMINATION:**

- You may have a **FULL LIQUID** diet until midnight. This includes cream of wheat, creamed soups, pudding and milk shakes. You may also have as many clear liquids as you can tolerate (see list below).

**ON THE DAY OF THE EXAMINATION:**

- **7:00 a.m.:** Mix the Nulytely powder by filling the container to the 4 liter line with the fluid of your choice (Gatorade, Crystal Light or water).
- Shake the solution until it is dissolved.
- Drink one glass (8 oz.) of the preparation every 10-15 minutes until the entire solution is gone. This will induce stools. Using a straw and/or sucking on hard candy, may help you drink the preparation.

**DO NOT EAT ANY FOOD ONCE YOU HAVE FINISHED YOUR PREPARATION.** We encourage you to continue consuming clear liquids until 2 hours prior to your procedure. If you are also having a stomach exam, stop drinking clear liquids 4 hours before your procedure.

- Take your normal medications the morning of the exam.
- Please bring a list of your current medications with you to the procedure.
- **NO DRIVING:** You must have a responsible adult to accompany you to your appointment and home, even if you take a taxi.

<b><u>LOW FIBER DIET</u></b>	<b><u>CLEAR LIQUID DIET</u></b>
Milk, cream, hot chocolate, cheese, cottage cheese, yogurt and sour cream	Water
Breads and grains made from refined or white flour: rolls, bagel, muffins, crackers, pasta, Cream of Wheat	Chicken, Beef or Vegetable Broth
White rice	Juices – white grape, apple, lemonade without pulp
Beef, chicken, fish, lamb, pork, smooth peanut butter, Eggs	Sodas - diet and regular
<b>Canned or cooked fruits</b> and vegetable including- pears, peaches, cherries, carrots, mushrooms, green beans	Gatorade or other sports drinks
Potatoes without the skin	Tea
	Coffee (black)
	Gelatin (without fruit; no red or purple dyes)
	Popsicles (without fruit or cream; no red or purple dyes)
	Italian Ices (without red or purple dyes)