

## NuLytely/Trilyte One Day Prep Colon Prep Instructions

Please follow instructions carefully. Failure to take the prep as indicated below may result in a poorly cleansed colon and possible cancellation of the procedure.

### One Day Before Your Colonoscopy

- Fill the prescription from your doctor for NuLytely.
- Start a clear liquid diet and continue clear liquids throughout the day. Solid foods, milk or milk products are **NOT** allowed. No food or drink 4 hours before procedure.

Clear Liquids Include (See attached "Clear Liquid" Sheet for more information)  
Juices without pulp (apple, white grape, white cranberry, lemonade), Water, Tea, Plain Jello (not red or purple), Soda or non-carbonated soft drinks, Clear broth or bouillon, Ice Pops (not red or purple). **Do not fast. Please drink a variety of liquids that are listed above for proper hydration.**

- **Mixing instructions for NuLytely** with flavor packs:

If one specific flavor is desired:

- Add contents of flavor to Nulytely container.
- Add tap water to fill line of the Nulytely container.
- Replace cap and shake well until all ingredients have dissolved.
- Refrigerate container

If uncertain of desired flavor:

- Add tap water to fill line of Nulytely container.
- Replace cap and shake well until all ingredients have dissolved.
- Use flavor packets to flavor individual glasses to taste.

### Afternoon Before Your Colonoscopy – At 1:00pm

- Start drinking NuLytely with flavor packs. Drink about 8 oz. every 15-20 minutes until you have consumed **half** of the container. **Keep container refrigerated.**

### Evening Before Your Colonoscopy - At 6:00 pm

- Start drinking the remaining Nulytely an 8 oz. glass every 15-20 minutes until container is empty.

**Remember not to eat or drink anything 4 hours before your procedure.**

### The Day of Your Colonoscopy – IF STOOL IS CLOUDY OR HAS PARTICLES TAKE TWO FLEETS ENEMAS - 2 hours before leaving home

- Take 2 Fleets enemas according to package directions. These are available over the counter at drug stores. **DO NOT USE ENEMAS WITH MINERAL OIL.** With the first enema, retain as long as possible. Complete the second enema immediately after passing the first enema. Please pay attention to the results in the toilet bowl and be able to **report color and consistency to the nurse on arrival** to the Endoscopy Center.