



## ACADIANA GASTROENTEROLOGY

A S S O C I A T E S

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### NULYTELY BOWEL PREP PROCEDURE INFORMATION

#### **BEFORE YOUR EXAM – Purchase the following:**

- Prescription for Nulytely –Your Rx will be sent to the pharmacy 1 week prior to your procedure.
- Dulcolax tablets – (over the counter); you will be taking 4 (four) as directed below.
- Gas-X tablets – (over the counter); you will be taking 2 (two) as directed below.

#### **THE DAY BEFORE THE PROCEDURE:**

- Begin a **CLEAR LIQUID DIET** when you awaken on Day: \_\_\_\_\_, Date: \_\_\_\_\_.
- **NO SOLID FOODS are to be eaten on this day. You may ONLY HAVE CLEAR LIQUIDS.**

**Helpful hints to make your prep more tolerable:** Refrigerate Nulytely solution until very cold. Mix Nulytely with up to 2oz. of lemon or lime juice along with ice cold water, add a lid to your cup & drink the solution through a straw.

#### **Steps:**

1. At \_\_\_\_ a.m./ p.m. begin drinking **NULYTELY** as instructed – **8 oz. every 10-15 min.** until the bottle is empty. (Drinking a glassful rapidly is better than sipping an ounce or two at a time.)
  - You will have consumed several glassfuls before having the first loose, watery bowel movement.
  - Initially, you may feel slightly bloated, but you will become more comfortable as you continue to have bowel movements. If you feel nauseated, you may slow the rate of ingestion.
2. Take four (4) Dulcolax tablets with water **ONE HOUR** after you begin drinking the solution.
3. Follow with 2 (two) Gas-X tablets.

It will take approximately 3 hours to finish the solution. Diarrhea will continue for about 1 hour after you finish drinking the solution.

***This entire process is required and is important to follow to ensure a clean colon. If not, your physician will not be able to complete as thorough an exam and you may be asked to repeat your procedure.***

### **DO NOT EAT OR DRINK ANYTHING after MIDNIGHT, UNLESS INSTRUCTED OTHERWISE, EXCEPT FOR A SIP OF WATER WITH BLOOD PRESSURE MEDICATIONS**

IF YOU HAVE ANY QUESTIONS ABOUT THE PREP INSTRUCTIONS ABOVE, or  
YOUR SCHEDULED PROCEDURE, PLEASE CALL OUR OFFICE: 337-269-0963

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