

# Center for Women's Gastrointestinal Health

## NuLYTELY/Colyte/GoLYTELY | Split Bowel Preparation

### Seven days before your colonoscopy

- Do not eat nuts, seeds, beans, corn, okra, popcorn, tomato, or fruit with skins seven days prior to your colonoscopy.
- Stop now if your colonoscopy is scheduled within the next seven days.

### The day before your colonoscopy

- You may only have CLEAR LIQUIDS; NO SOLID FOOD from the time you wake up in the morning the day before your procedure.
  - Clear liquids include: Coffee and tea (NO milk/creamer), broth, clear juices (apple, *white* grape juice), Gatorade, soda, Crystal Light, Jell-O, popsicles, Propel Water, and plain water.
  - DO NOT have any products with *red* dyes/coloring.
- You will need to pick up the NuLYTELY/Colyte/GoLYTELY Bowel Prep prescription at your pharmacy.
  - This product can be used with or without the flavor packets that come with the bottle.
- **Begin your NuLYTELY/Colyte/GoLYTELY Split Bowel Prep at 6 p.m. the day before your colonoscopy.**
  - Drink one 8 oz. glass of solution every 15 minutes until you drink a total of 64 oz.
  - The first bowel movement usually begins approximately one hour after the start of drinking the solution.
  - If you feel full or nauseated, wait at least 20 to 30 minutes before drinking the solution again.

### Morning of your procedure – five hours before your scheduled procedure time

- Beginning at \_\_\_\_\_ a.m. (five hours before your scheduled procedure time), begin drinking the remaining 64 oz. of bowel prep solution.
- Drink one 8 oz. glass of solution every 15 minutes until you have finished the solution.
- Continue drinking the solution until the bowel movements are clear water or the bottle is empty.

You are now finished with your bowel preparation.

Please DO NOT drink liquids from this point until after the procedure.

A video is available to view mixing instructions at [bowelprepguide.com](http://bowelprepguide.com) or [nulytely.com/how-to-prepare.htm](http://nulytely.com/how-to-prepare.htm).

If you have any questions, please call our office at (401) 453-7953.

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