

---

---

# ILLINOIS GASTROENTEROLOGY INSTITUTE

---

---

1001 Main Street, Suite 500A, Peoria, Illinois 61606, (309) 672-4980

## COLYTE / NULYTELY PREPARATION INSTRUCTIONS

PM

PLEASE READ THE FOLLOWING INSTRUCTIONS CAREFULLY.

### A. TWO DAYS BEFORE PROCEDURE:

1. Mix CoLyte/NuLyteLy according to package instructions and refrigerate **NO** earlier than two days before. Mixture is only good for 48 hours.

### B. DAY BEFORE PROCEDURE:

1. Take medications one hour before starting or one hour after finishing CoLyte/NuLyteLy.
2. Clear liquid diet all day.
3. Drink CoLyte/NuLyteLy at a rate of one 8 oz. glass every 10 to 15 minutes. **DO NOT SIP.**
4. From 6:00 p.m. to 9:00 p.m., drink 3 quarts of CoLyte/NuLyteLy.

**TIP:** When drinking CoLyte/NuLyteLy, you may reach the point when you feel very full and/or nauseated. At this time, suck on a lemon drop or squirt lemon juice (only lemon) in your mouth. Wait until fullness subsides, then continue drinking.

### C. DAY OF PROCEDURE:

1. You may continue clear liquids up until 7:30 a.m.
2. From 7:30 to 8:00 a.m., drink the last quart of CoLyte/NuLyteLy.
3. Nothing to eat or drink after 8:00 a.m.
4. Arrive at designated location at scheduled time.

---

### CLEAR LIQUID DIET

The clear liquid diet is used for brief periods of time when it is necessary to minimize the amount of fecal material in the colon.

#### FOOD ALLOWED:

**BEVERAGES:** Regular or Decaffeinated Tea or Coffee (Taken **WITHOUT** DAIRY PRODUCTS OR DAIRY SUBSTITUTES).

Carbonated beverages.

Kool-Aid (all flavors except red)

Gatorades and sport drinks (except red)

Fruit Juices: Apple, Cranberry, Grape, Cranapple

**DESSERTS:** Jell-O (**NO RED JELL-O — DO NOT ADD FRUIT, VEGETABLES OR DAIRY PRODUCTS.**)

**MISCELLANEOUS:** Popsicles (Plain, not creamy or fruity)

Sugar

Honey

Fat Free Broth or Bouillon

Sherbet (no red)

Heart medications, blood pressure pills and medications for lung problems may be taken with small amounts of water the morning of the procedure. Other medications may be taken after the procedure.

Please notify the doctor if:

- ◆ You are taking Coumadin, aspirin, or arthritis medication. These medications need to be discontinued 4 days before this procedure.
- ◆ You eat products containing “Olestra” or “Olean”. These products are found in some snack foods such as potato chips and other fat-free foods. These need to be stopped one week before your procedure.
- ◆ You have an artificial joint, heart valve replacement, defibrillator or pacemaker.
- ◆ You are taking any herbal preparations.

**YOU MUST HAVE SOMEONE DRIVE YOU HOME. YOU MAY NOT GO HOME BY BUS OR TAXICAB**